great food fast FROM MARTHA STEWART

Everyday FOOD

A MARTHA STEWART MAGAZINE

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a **THANKSGIVING MENU** that's easy to make P.116
turkey **TIPS & TRICKS** for a perfect dinner P.85
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amazing ideas for leftovers! PAGE 148

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Whether you're making a Sunday supper or hosting a casual gathering, Martha Stewart has put together 52 seasonal menus, cleverly designed to get dinner on the table in about an hour—start to finish.

Available October 13

Chicken Paillards with Walnut Sauce

Ingredients (serves 4)

3 tbsp safflower or other neutral-tasting oil

4 chicken cutlets (each 4 to 6 oz. and ¼ inch thick)*

coarse salt and freshly ground pepper

½ cup walnut halves

⅓ cup homemade or low-sodium store-bought chicken stock

2 tbsp sherry vinegar

**If the cutlets are thicker than ¼ inch, place them between pieces of plastic wrap and pound with a meat mallet.*

Heat oil in a large sauté pan over medium-high heat until hot but not smoking. Pat dry chicken and season both sides with salt and pepper, then place in the pan (cook in batches, if necessary, to avoid crowding). Cook until golden brown on first side, 3 to 4 min; turn chicken and continue cooking until golden on the other side and cooked through, 2 to 3 min. Transfer to a platter.

Reduce heat to medium-low. Add walnuts and toast, stirring constantly, until golden, about 3 min. Raise heat to medium; add stock and vinegar. Cook, swirling the pan, until liquid is reduced by half and thickens slightly, about 1 min.

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SONOMA COUNTY CHARDONNAY offers inviting stone and tropical fruit aromas, with flavors of pear and sweet melon, a creamy texture, and a refreshing finish.

PAIRING NOTE: *The bright acidity and creamy texture make this wine a perfect match.*

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PAIRING NOTE: *The jammy fruit flavors and silky tannins complement this dish.*

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OCT 19, 5pm
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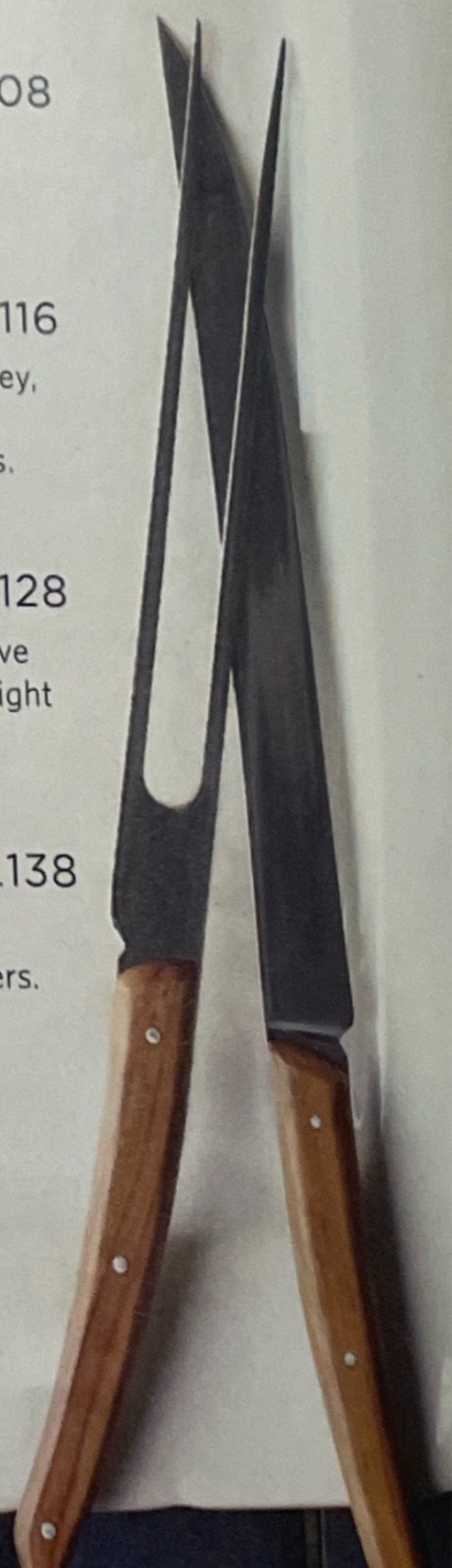

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Photographs by Roland Bello
(except where noted)
Pasta cover by Johnny Miller

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ON THE WEB

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THANKSGIVING CENTRAL

For more holiday ideas, including super-easy menus, turkey tips, and seasonal sides, check out *everydayfoodmag.com*

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cinnamon-scented couscous

Excellent as a side dish for lamb, pork or chicken.

Prep Time: 15 minutes
Total Time: 25 minutes

ingredients

- ⅓ cup slivered almonds
- 2 cups water
- ⅔ cup diced dates
- ⅓ cup chopped dried apricots
- 1 teaspoon Spice Islands Ground Cardamom
- ½ teaspoon Spice Islands Ground Saigon Cinnamon
- ¼ teaspoon Spice Islands Ground Ginger
- ¼ tablespoon oil (optional)
- 1 package (10 ounces) couscous

directions

1. Preheat oven to 350°F
2. Toast almonds on baking sheet for 10 minutes or until golden, stirring once.
3. Combine water, dates, apricots, cardamom, cinnamon, ginger, and oil if desired in a medium saucepan. Cover, and bring to a boil. Add couscous, and stir well. Cover, and remove from heat. Let couscous sit for 5 minutes. Stir in almonds. Serve immediately.

Not all spices are created equal. So if you're looking for the best, turn to Spice Islands. It brings the highest-quality flavors from around the world into your home. With Spice Islands, you can be transported to a new world of flavor.

Spice Islands Cinnamon, for example, uses only the highest grade of Saigon cinnamon from the bark of Cassia Trees in the mountains of Vietnam. Giving your food a rich, warm, and slightly sweet flavor that's hard to match, Spice Islands Cinnamon is a great anchor to this delicious Cinnamon-Scented Couscous (left).

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FROM OUR KITCHEN

Thanksgiving—and the other 29 days of November

Thanksgiving is my favorite holiday. It has all the great things that other holidays embrace—family, friends, and really, really good food—without the other pressures, like buying gifts.

But what I especially like about this holiday is what it celebrates—actually giving thanks, no matter who you are. Thanksgiving dinners I have been to hold some of my best memories. And years ago, when I was planning my first menu, it initially felt like the most daunting of tasks. I realized three things make it easier. First, when people ask if they can help, give them a job in the kitchen—even the simplest task. It saves you time and gets everyone involved. The second is, don't mess with the Thanksgiving menu. Don't even suggest serving anything other than turkey and at least one pie for dessert!

And third, while most of November is spent thinking about Thanksgiving, we still need dinner ideas for the rest of the month. See Grocery Bag (page 100) for quick weeknight meals, as well as the baked-pasta story (page 108) for super-simple recipes, including a tomato-pasta bake from art director Alberto Capolino's mom. Juggling the holidays and the every day has never been easier!

Anna Last

EDITOR

egg tested

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Everyday Food's November issue features a heaping helping of extra recipes, suggestions, reminders, and more to make your meal planning a snap, plus the chance to win $1,000!

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MARTHA STEWART

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DINNER 1-2-3

a meal in three easy steps

skirt steak with beets and greens

This affordable steak pairs well with vibrant seasonal vegetables. see recipe, page 20 >>

skirt steak with beets and greens

see photo, page 19

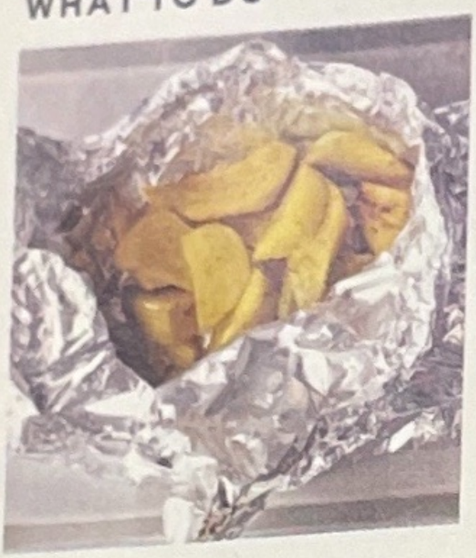
SERVES 4 ■ PREP TIME: 25 MIN ■ TOTAL TIME: 35 MIN

If your beets come with the greens still attached, use them in place of the Swiss chard. Spinach is another great substitute for the chard.

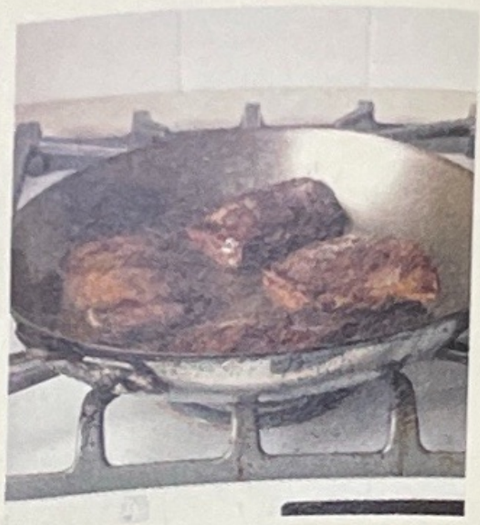
WHAT YOU'LL NEED

- ☐ 3 to 4 medium red or yellow beets (1½ pounds total), peeled and cut into ½-inch wedges
- ☐ 3 tablespoons extra-virgin olive oil
- ☐ coarse salt and ground pepper
- ☐ 1 skirt steak (1½ pounds), cut into 4 equal pieces
- ☐ 1 bunch Swiss chard (12 ounces), ribs cut away and discarded, leaves cut into large pieces
- ☐ 2 teaspoons red-wine vinegar

WHAT TO DO



1 Preheat oven to 400°. Place beets on a large sheet of foil; drizzle with 1 tablespoon oil and season with salt and pepper. Fold foil to make a packet and crimp edges to create a tight seal. Place on a rimmed baking sheet and roast until beets are tender, 25 to 30 minutes.



2 Meanwhile, in a large skillet, heat 1 tablespoon oil over medium-high. Season steaks with salt and pepper and cook until medium-rare, 3 to 6 minutes per side (depending on thickness). Transfer to a plate to rest.

3 Wipe skillet clean with a paper towel; return to stove. Heat 1 tablespoon oil over medium-high. Add Swiss chard; cook, stirring constantly, until wilted, about 2 minutes. Add beets and vinegar; season with salt and pepper and toss to combine. Thinly slice steak against the grain and serve with beets and greens.

per serv: 534 cal; 31.4 g fat (9.5 g sat fat); 47.8 g protein; 14.1 g carb; 4.6 g fiber

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What's brewing?

This season, perk up your holiday traditions with these innovative, crowd-pleasing tips.

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- *Make it mocha for guests with a sweet tooth. Add 2 tablespoons of chocolate syrup and 2 tablespoons of half-and-half to iced coffee.*
- *Pour leftover coffee into ice cube trays, and freeze. When it's time to brew more iced coffee, use the coffee cubes. They'll keep the coffee strong and tasty as they melt.*

BETTY BYRNE
Senior Home Economist and Consumer Advocate, Hamilton Beach Test Kitchen

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IN SEASON

potatoes

THE BASICS Potatoes can be divided into two main categories—starchy and waxy. Starchy potatoes like russets are fluffy and floury when cooked. Waxy varieties, such as new potatoes and fingerlings, are low in starch, have a creamy texture, and hold their shape well when cooked. Yukon Golds are considered a waxy potato but have a slightly higher starch content, so they're especially versatile.

BUYING AND STORING Look for potatoes that are firm and free of cracks and bruises. Avoid potatoes that have sprouted "eyes" or have green-tinged skin—both signs of improper storage. Store potatoes in a cool, dark place (not the refrigerator). Waxy potatoes are best used within a week, while starchy varieties keep for several months.

TO COOK Pair potatoes with the cooking methods that suit them best. Fingerling and new potatoes are great steamed, boiled, sautéed, or roasted. Yukon Golds can be prepared like other waxy potatoes and are especially delicious when mashed. Russet potatoes can be sautéed, baked, cooked in gratins, or fried.

everyday mashed potatoes

SERVES 6
PREP TIME: 15 MIN
TOTAL TIME: 40 MIN

- ☐ 2 pounds Yukon Gold potatoes, peeled and cut into ½-inch pieces
- ☐ coarse salt and ground pepper
- ☐ ¼ cup (½ stick) cold unsalted butter, cut into pieces
- ☐ 1 to 1¼ cups milk, warmed

1 In a large pot, cover potatoes by 2 inches with salted water. Bring to a boil; reduce to a simmer and cook until potatoes are tender, about 12 minutes. Drain thoroughly and return to pot; mash with a fork or potato masher until potatoes reach desired texture.

2 Over low heat, add butter and stir until melted. Continue to cook, stirring constantly, until potatoes are stiff, about 1 minute. Gradually stir in 1 cup milk, adding up to ¼ cup more if needed. Season potatoes with salt and pepper.

per serv: 200 cal; 9.2 g fat (5.7 g sat fat); 5.8 g protein; 28.9 g carb; 3.1 g fiber

luxurious mashed potatoes

SERVES 6
PREP TIME: 20 MIN
TOTAL TIME: 45 MIN

- ☐ 2 pounds Yukon Gold potatoes, peeled and cut into ½-inch pieces
- ☐ coarse salt and ground pepper
- ☐ ½ cup (1 stick) cold unsalted butter, cut into pieces
- ☐ 1½ cups heavy cream, warmed

1 In a large pot, cover potatoes by 2 inches with salted water. Bring to a boil; reduce to a simmer and cook until potatoes are tender, about 12 minutes. Drain thoroughly and pass potatoes through a ricer or food mill into pot.

2 Over low heat, add butter and stir until melted. Continue to cook, stirring constantly, until potatoes are stiff, about 1 minute. Gradually add cream, stirring constantly to combine. Using a rubber spatula, pass potatoes through a fine-mesh sieve. Season with salt and pepper.

per serv: 441 cal; 37.2 g fat (23.3 g sat fat); 5.5 g protein; 28.2 g carb; 3.1 g fiber

SIMPLE STIR-INS

- ☐ roasted garlic
- ☐ chopped herbs (chives, parsley, thyme)
- ☐ mascarpone or goat cheese
- ☐ crème fraîche or sour cream
- ☐ grated Parmesan, cheddar, or Gruyère cheese
- ☐ prepared horseradish

EVERYDAY
MASHED POTATOES

You can make mashed potatoes up to 1 day ahead. Reheat at 350° in a foil-covered baking dish, 10 to 20 minutes.

LUXURIOUS
MASHED POTATOES

potato gratin

SERVES 12 ■ PREP TIME: 25 MIN ■ TOTAL TIME: 1 HR 40 MIN + RESTING

To save time, use a mandoline or a food processor with slicing disk to cut the potatoes.

- ☐ 1 garlic clove, smashed
- ☐ butter, room temperature, for baking dish
- ☐ 3 pounds russet potatoes, peeled and sliced ⅛ inch thick
- ☐ 2½ cups heavy cream
- ☐ coarse salt and ground pepper
- ☐ ground nutmeg

TRY THIS

- ☐ Place browned bacon (below) or sautéed mushrooms between potato layers.
- ☐ Top with Gruyère cheese after removing foil.
- ☐ Add fresh thyme leaves to cream mixture.

1 Preheat oven to 375°. Rub a 2-quart baking dish with garlic, then lightly butter. Layer potatoes in dish, overlapping slightly.

2 In a medium saucepan, combine cream, 1½ teaspoons salt, ¼ teaspoon pepper, and pinch of nutmeg; bring to a simmer. Pour enough cream mixture into dish to just cover potatoes; cover dish with foil. Bake until potatoes are tender when pierced with a paring knife, 40 to 45 minutes. Remove foil and continue to bake until top of gratin is golden, 35 to 40 minutes. Let rest 15 minutes before serving.

per serv: 261 cal; 18.4 g fat (11.4 g sat fat); 3.5 g protein; 22 g carb; 1.5 g fiber

Our Light olive oil makes baking flavorful and fantastic.

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Crisco is cooking™

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Crisco® Roasted Chicken with Vegetables

Prep time: 30 mins | Cook time: 1 hr | Yield: 4–6 servings

Crisco® Olive Oil No-Stick Cooking Spray
1 (3 to 3½ lb) fresh whole chicken
3 tbsp. Crisco® Light Olive Oil
1 tsp. salt, ½ tsp. garlic powder
1 tsp. dried basil leaves
6–8 small red potatoes, cut into 1" chunks
4 ribs celery, cut into 1" diagonal slices
3 medium carrots, sliced into ¼" rounds
1 medium red onion, cut into ½" wedges

1. HEAT oven to 375°F. Coat 9" baking dish with no-stick cooking spray. Rinse and dry chicken. Place breast side up in dish. Whisk olive oil, salt, pepper, garlic and basil in small bowl. Brush chicken with half the mixture. Roast 30 minutes.
2. COAT 13" x 9" baking dish with no-stick cooking spray. Add vegetables, brush with remaining olive oil mixture and cover with foil.
3. REMOVE chicken from oven. Raise temperature to 450°F. Baste chicken with remaining juices in baking dish. Roast both chicken and vegetables for 20 minutes.
4. REMOVE foil from vegetables and roast with chicken for additional 10 minutes, or until both are tender. Allow to rest for 10 minutes before carving.

warm green bean and potato salad

SERVES 4 ■ PREP TIME: 15 MIN ■ **TOTAL TIME: 30 MIN**

This makes a great side, either warm or at room temperature, for steaks and chicken.

- ☐ 1 pound red new potatoes
- ☐ coarse salt and ground pepper
- ☐ 1 tablespoon olive oil
- ☐ 2 garlic cloves, minced
- ☐ 4 slices bacon, cut crosswise into ½-inch pieces
- ☐ ½ pound green beans, trimmed and cut into 1½-inch lengths
- ☐ 1 to 2 tablespoons fresh lemon juice

1 In a large saucepan, cover potatoes with 2 inches salted water. Bring to a simmer and cook until potatoes are just tender, 15 to 20 minutes. Drain thoroughly. In a large nonstick skillet, heat oil over medium-high; add potatoes and garlic and season with salt and pepper. Cook, mashing potatoes slightly, until golden brown in spots, about 5 minutes. Transfer to a serving dish and keep warm.

2 Add bacon to skillet. Cook until bacon is browned, about 3 minutes. Add green beans and cook, stirring occasionally, until bright green and crisp-tender, about 4 minutes. Add to potatoes along with lemon juice to taste. Season with salt and pepper and toss gently to combine.

per serv: 168 cal; 6.4 g fat (1.4 g sat fat); 5.8 g protein; 23.5 g carb; 4 g fiber

balsamic-baked potatoes

SERVES 4 ■ PREP TIME: 5 MIN ■ TOTAL TIME: 1¼ HR

Balsamic vinegar and broth cook down to a nice glaze on these potatoes.

- 1½ pounds new potatoes, halved or quartered if large
- ¾ cup low-sodium chicken broth
- ¼ cup balsamic vinegar
- 8 garlic cloves, smashed
- 5 sprigs thyme
- coarse salt and ground pepper

Preheat oven to 425°. In an 8-inch square baking dish, combine potatoes, broth, vinegar, garlic, and thyme; season with salt and pepper. Bake until potatoes are tender and liquid is reduced to a glaze, about 1¼ hours, tossing twice.

per serv: 155 cal; 0.3 g fat (0.1 g sat fat); 4.7 g protein; 34.3 g carb; 3.9 g fiber

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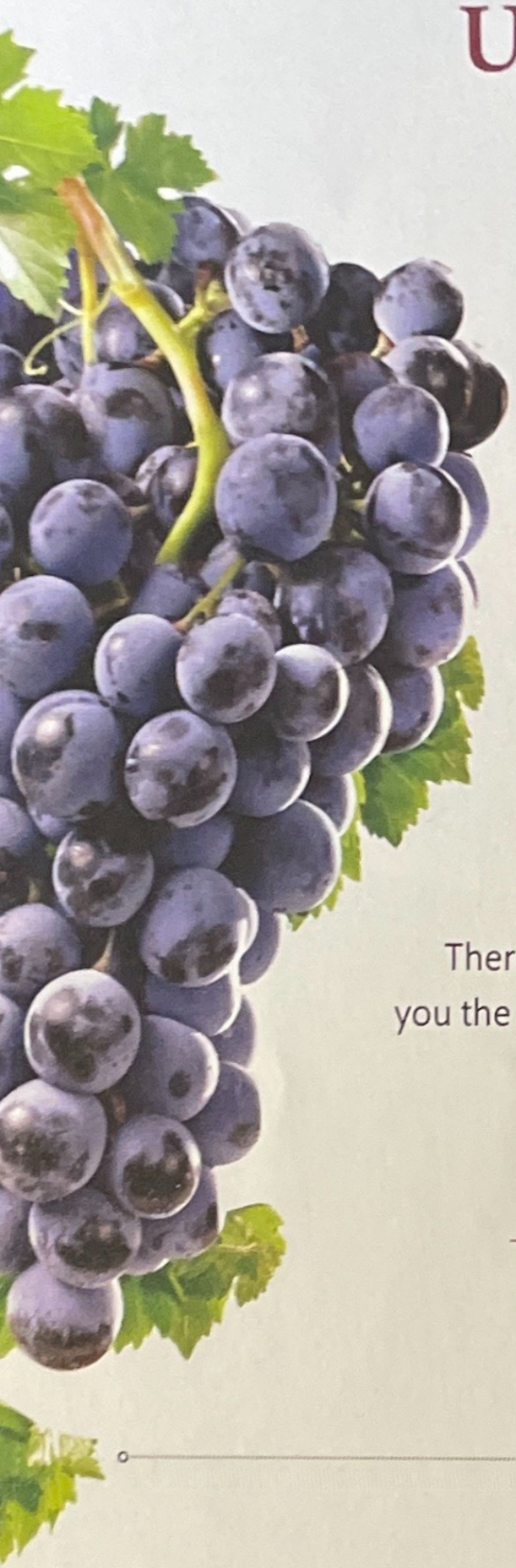

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Drinking Welch's 100% Grape Juice helps support a healthy heart, mind, and immune system.

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What's the key to great nachos? Hint: not the lettuce.

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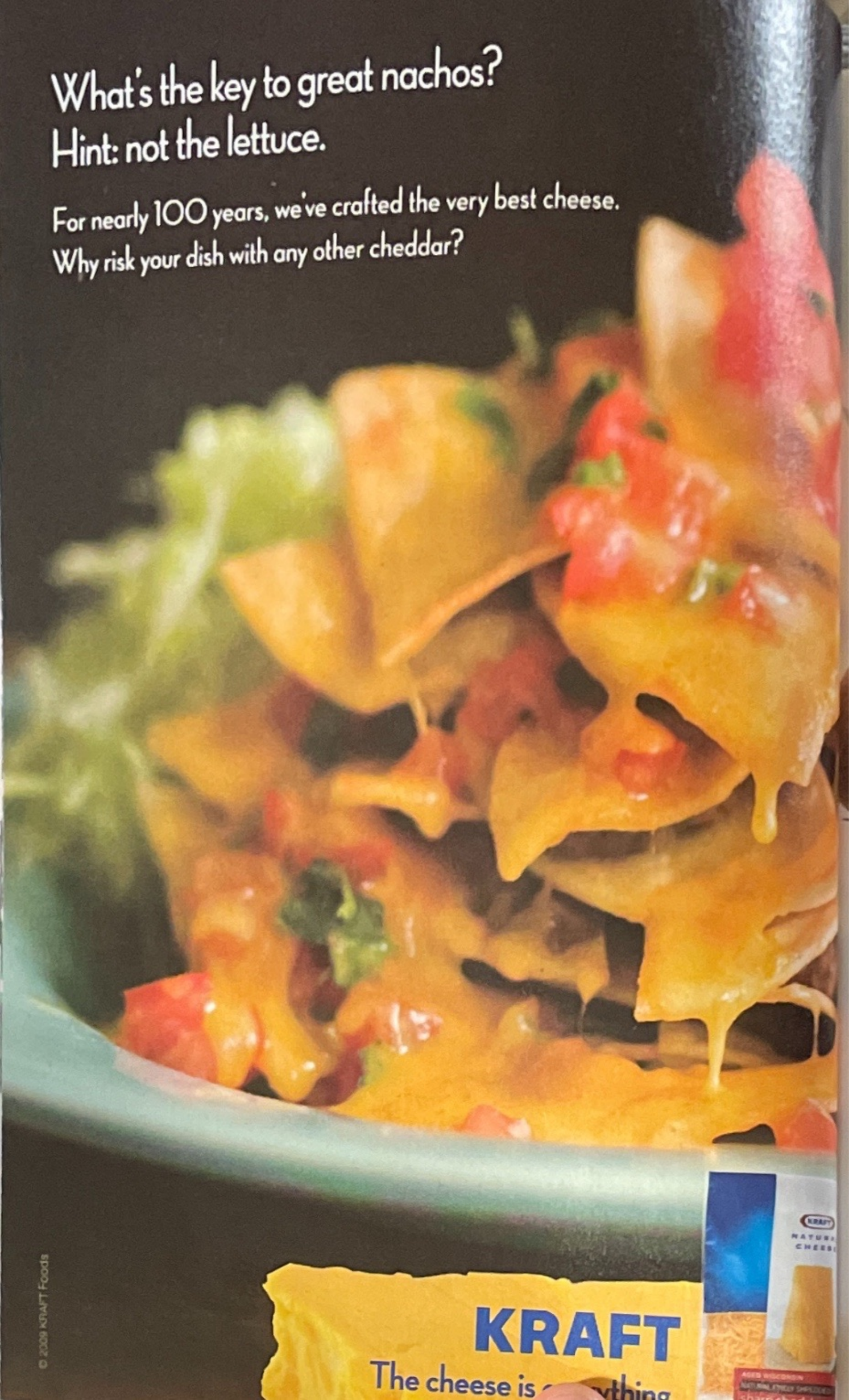
Why risk your dish with any other cheddar?



KRAFT

The cheese is ything

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BITES

tips, information, and news, from our kitchen to yours

RAYMOND HOM

KEEP IT FRESH
onions

They're the foundation for an endless variety of recipes and are also great when eaten as a side dish (see Balsamic-Glazed Pearl Onions, page 126). To make sure you always have fresh onions on hand, buy ones that are firm and heavy for their size, with shiny, papery skins and no bruising. At home, store them loose away from potatoes in a cool, dark place (not the refrigerator). They'll keep for up to 1 month (white onions have more moisture, so they will keep for a shorter amount of time).

BLOG WATCH

Everyone loves sandwiches—they're delicious, satisfying, and an easy way to get creative with food. Two blogs, **scanwiches.com** and **scanwich.wordpress.com,** showcase them with a quirky visual approach, and we're paying tribute with our own Thanksgiving-themed sandwiches (see Leftovers, page 148).

TASTE TEST

vanilla ice cream

It's a tough job, but someone has to do it: Our staff tested supermarket ice creams to get the scoop on which to serve with Thanksgiving pie. Häagen-Dazs Five was the clear winner—tasters praised its "good vanilla flavor" and "great consistency." The runner-up? Edy's Slow Churned Vanilla Bean (bonus: it's surprisingly low in fat).

USE IT UP

pie scraps

If you're making a pie for Thanksgiving (or any time), don't throw away those extra trimmings of dough. Cut them into similar-size pieces, sprinkle with cinnamon and sugar, and bake until golden for a quick snack.

MUST-HAVE

y peeler

Cheap, sharp, and ergonomic, this handy alternative to the straight peeler makes it easier to prep potatoes (page 23), carrots, and cucumbers. We even use it to shave Parmesan. Look for models with a sharp blade and a comfortable handle. Our favorite model, the Original Swiss Peeler, costs about $4 at kuhnrikon.com.

cracker envy

90 calories per pack

Also try Honey Butter, Cheese and Crunchy Wheat flavors.
Look for Stix where you find your other favorite Pringles.

everything pops with pringles

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PANTRY BASICS the 6 essential spices

1

GROUND CINNAMON

Cinnamon's sweet, mild flavor is great in oatmeal, breakfast pastries, and desserts. A small amount also enhances savory dishes like chilis and curries.

2

FENNEL SEEDS

Like the plant they come from, fennel seeds add a slight licorice flavor to foods. They're good in spice rubs for meat, especially pork and lamb.

3

RED-PEPPER FLAKES

These crushed dried chiles liven up pizza, pasta, stir-fries, and sauces. Start with a small pinch for a touch of heat, or add more for a distinct spiciness.

4

BAY LEAVES

Bay leaves' subtle herbal aroma adds depth to soups, stews, and roasts. Bay leaves aren't edible, so remove before serving.

5

WHOLE NUTMEG

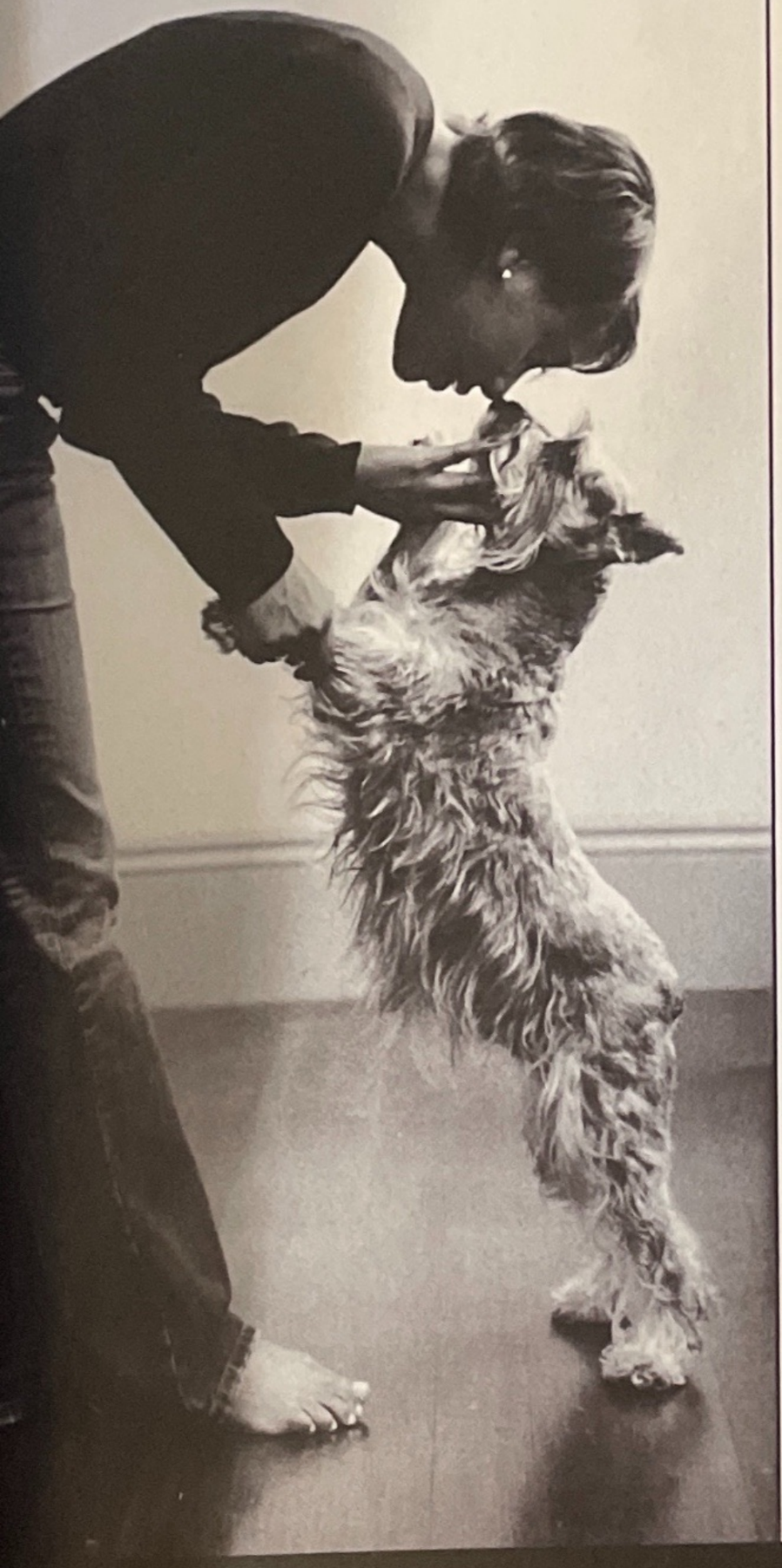
Nutmeg's spicy sweetness enhances creamy sauces, spinach, winter squashes, and desserts. For the best flavor, grate it fresh on the smallest holes of a grater.

6

GROUND CUMIN

This warm, earthy spice is used frequently in Indian, Middle Eastern, and Mexican cuisines and goes well with chicken, pork, lamb, carrot, and potato dishes.

marks owned by Société des Produits Nestlé S.A., Vevey, Switzerland



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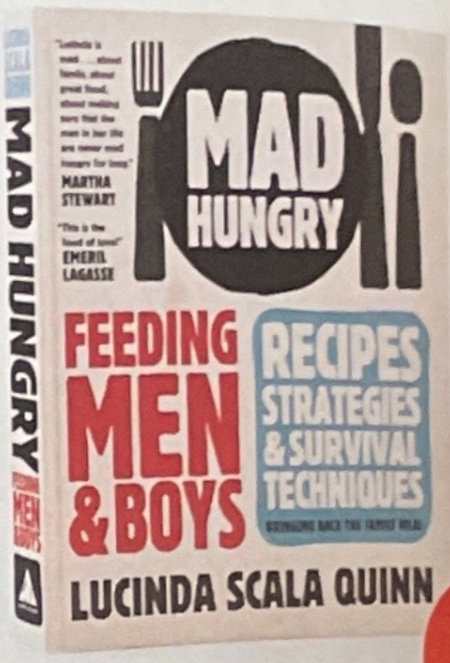
WHAT IS?

orzo

A type of pasta, orzo resembles rice and can be used instead of rice in many recipes, such as soups and pilafs. You can even turn it into a hearty main course (see Chicken, Lemon, and Dill with Orzo in our baked-pasta story, page 108). For a side dish (great warm or cold), toss cooked orzo with olive oil, grated lemon zest, and fresh herbs, or combine with roasted vegetables and feta.



WIN THIS BOOK!

mad hungry

How do you feed your men and boys? For a chance to win the new cookbook by executive food director Lucinda Scala Quinn, share your original recipes with us—if yours is one of our 10 favorites, we'll send you a copy of *Mad Hungry*, the all-in-one guide to feeding guys (check out Lucinda's chocolate cake, page 154). For contest details and official rules, visit marthastewart.com/edf-contest.

KITCHEN TIP

best apples for cooking

You probably already have a favorite apple variety for snacking. But when it comes to cooking, some types retain their texture and flavor better than others. We like Braeburn, Fuji, Gala, Granny Smith, Jonagold, or Pink Lady apples for crisps, crumbles, and pies, or for sautéing and roasting.

You want easy. They want delicious. Done!

Everyone loves Crunchy Onion Chicken™... made with FRENCH'S® French Fried Onions!

French's Crunchy Onion Chicken™

Prep Time: 5 minutes | Cook Time: 20 minutes
Makes: 4 Servings

2 cups (4 oz.)	**FRENCH'S®** French Fried Onions
2 tbsp.	flour
4 (5 oz.)	boneless chicken breasts
1	egg, beaten

Crush French Fried Onions with flour in plastic bag.
Dip chicken into egg; then coat in onion crumbs.
Bake 20 minutes at 400°F until cooked through.

Zesty Tip: Substitute 1/4 cup any flavor French's Mustard instead of beaten egg.

For more recipes, visit www.frenchsfoods.com

happy starts here™

Found in the canned vegetable aisle.

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WINE PAIRINGS thanksgiving

Hunting for the perfect bottle to serve with your feast? Here are four options that will please any palate.

WHITE WINES
Viognier, a wine produced mainly in France's Rhône Valley, has a floral aroma and a long finish that enhances the varied flavors on the Thanksgiving menu. Fruity, full-bodied Gewürztraminer stands up to the hearty flavors of the turkey and gravy and also goes nicely with the cranberry sauce and sweet potatoes. A dry version works best—look for "trocken" on the label.

RED WINES
Lambrusco, a slightly sparkling Italian wine that's served chilled, will complement the turkey and cut through the richness of the gravy. Another great choice is Pinot Noir. With its light to medium body and earthy fruit aroma, it highlights the savory flavors in the Thanksgiving meal.

Avocados from Mexico

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Prepare to be amazed by Avocados from Mexico. With their mono and polyunsaturated good fat, they add a rich, creamy taste to the foods you love. What's more, they're versatile, simple to prepare and loaded with nearly 20 vitamins, minerals and even phytonutrients. And that's enough to make any meal exciting.

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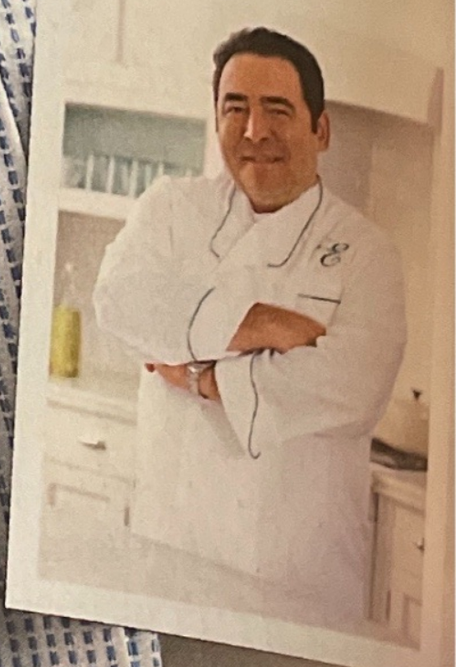
KICK IT UP WITH EMERIL

LAMB CHOPS WITH MUSTARD-HERB CRUST *These restaurant-worthy chops are ready in just 20 minutes.*

"I love these tasty little chops from my new book. They get a distinct kick from Dijon mustard, garlic, and herbs—just enough to stand up to the lamb's rich flavor. A crumb crust adds a nice crispiness. Pair with some mashed potatoes or buttered rice, plus sautéed vegetables or a salad, and you'll have dinner on the table in no time."



EMERIL LAGASSE

lamb chops with mustard-herb crust

SERVES 4 ■ PREP TIME: 20 MIN ■ **TOTAL TIME: 20 MIN**

If it's available, choose grass-fed lamb instead of grain-fed—the flavor simply can't be beat. For a touch of heat, add ½ teaspoon red-pepper flakes to the breadcrumbs.

- ¼ cup Dijon mustard
- 1 tablespoon minced garlic
- ½ cup plain dried breadcrumbs
- 2 tablespoons finely grated Parmesan
- 1 tablespoon minced fresh rosemary
- 1 teaspoon dried Italian herbs
- 8 lamb chops (3 to 4 ounces each)
- coarse salt and ground pepper
- 2 tablespoons vegetable oil

1 In a small bowl, combine mustard and garlic. In a wide shallow bowl, combine breadcrumbs, Parmesan, rosemary, and dried herbs; whisk to combine. Pat lamb chops dry with a paper towel and season with 2 teaspoons salt and 1 teaspoon pepper. With a basting brush, lightly coat lamb chops with mustard mixture, then dredge in breadcrumb mixture.

2 In a large nonstick saucepan, heat 1 tablespoon oil over medium-high. Add half the lamb chops to pan and cook until browned, 2 to 3 minutes per side. Repeat with remaining chops and oil. Let lamb chops rest 5 minutes before serving.

per serv: 558 cal; 38.8 g fat (14.2 g sat fat); 35.9 g protein; 13.8 g carb; 0.8 g fiber

Adapted from Emeril 20-40-60. *Published by HarperStudio, ©2009.*

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They're real potatoes you steam and mash your way—and the key ingredient in our Sweet Potato Casserole with Streusel Topping. Try all our varieties: Original Russet, Garlic, and Red.

SNAP for a BONUS RECIPE!

Use your camera phone to snap a picture of the Ore-Ida Steam n' Mash tag to the right and send it to 303-847-5995 or edf@snaptag.mobi. We'll send you a holiday-perfect recipe for **Sweet Potato Casserole with Streusel Topping**, made easy with Ore-Ida Steam n' Mash Cut Sweet Potatoes.

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A new way to make real mashed potatoes.

Ore Ida® Steam n' Mash.™ Real peeled and chopped potatoes that you steam in the microwave for 10 minutes—then mash your way.

Now in your grocer's freezer.

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TONIGHT'S DINNER, TOMORROW'S LUNCH

Transform a Mediterranean pasta supper into a quick lunch the next day.

tomato and shrimp pasta with feta

SERVES 4 ■ PREP TIME: 15 MIN ■ TOTAL TIME: 25 MIN

Give tomato sauce a Greek twist by adding Kalamata olives, feta cheese, capers, and oregano. Save the extra shrimp and feta for lunch tomorrow.

- ☐ coarse salt and ground pepper
- ☐ ¼ cup extra-virgin olive oil
- ☐ 1 medium onion, chopped
- ☐ 3 garlic cloves, minced
- ☐ 1 tablespoon tomato paste
- ☐ 1 teaspoon dried oregano
- ☐ 1 can (28 ounces) whole peeled tomatoes
- ☐ 1 can (15 ounces) tomato sauce
- ☐ ⅓ cup pitted Kalamata olives, chopped
- ☐ 1 tablespoon capers, rinsed (optional)
- ☐ 12 ounces penne rigate or other short ridged pasta
- ☐ 1½ pounds large shrimp, peeled and deveined
- ☐ 8 ounces feta

1 Set a large pot of salted water to boil. In a medium saucepan, heat 2 tablespoons oil over medium-high. Add onion and garlic. Cook until soft, 5 minutes. Add tomato paste and oregano. Cook until fragrant, 30 seconds. Add tomatoes, tomato sauce, olives, and capers, if using. Cook, breaking up tomatoes with a spoon, until sauce thickens, 10 minutes. Season with salt and pepper. Reserve ⅔ cup tomato sauce for Baked Shrimp.

2 Meanwhile, cook pasta until al dente; drain. Add 2 tablespoons oil to pot and heat over medium-high. Add ¾ pound shrimp and cook until opaque throughout, 1 to 2 minutes. Return pasta to pot and add tomato sauce; stir to combine. Serve pasta topped with 4 ounces crumbled feta.

per serv: 655 cal; 22.3 g fat (6.8 g sat fat); 32.3 g protein; 80.3 g carb; 6.4 g fiber

STORING INFORMATION
For tomorrow's lunch, refrigerate reserved tomato sauce and remaining shrimp and feta separately in airtight containers.

the next day...

BAKED SHRIMP WITH TOMATO AND FETA

Heat broiler, with rack 4 inches from heat. Divide ¾ pound large **shrimp**, peeled and deveined, among four 8-ounce ramekins or place in a 2-quart baking dish. Top with **reserved tomato sauce** and 4 ounces crumbled **feta**. Broil until shrimp are opaque throughout and feta is golden brown, about 8 minutes. Serve with **crusty bread** and a **green salad**. SERVES 4

per serv: 161 cal; 7.9 g fat (4.6 g sat fat); 18 g protein; 3.6 g carb; 0.6 g fiber

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Unwrap Martha's Special Gift to You

Just in time for the season, DOVE® Chocolate is introducing PROMISES® featuring holiday tips from Martha Stewart under each wrapper. These exclusive DOVE® PROMISES® will be available for a limited time during the holiday season.

HOST A COOKIE SWAP *Homemade cookies made with DOVE® Chocolate make never-fail gifts at the holidays. But with today's busy schedules, it can be tricky to juggle all the season's activities, let alone baking batches of cookies. This year, try hosting a* **cookie swap**.

- Invite a group of friends over and have each person make enough of one kind of cookie to share. We recommend a dozen per guest. (8 guests, 8 dozen of each cookie, total 64 dozen)
- As the host, assign recipes well before the party (look for chocolate cookie recipes at dovechocolate.com and marthastewart.com) and print copies for your guests. A great suggestion is DOVE® Dove Tempting Double Chocolate cookies (see recipe on reverse side).
- Offer an assortment of platters and cake stands for guests to display their treats. Next to each platter, place a tent card with the name of the cookie.
- Ask guests to help supply the packaging materials: cardboard boxes, tags, ribbon, tissue, scissors, hole punches, and any other fun trimmings! Keep everything within a single color palette so your guests can mix and match.
- After you sample, trade, and package, everyone leaves with finished gifts—and plenty of new recipes.

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DOVE® Tempting Double Chocolate Cookies

- 1 bag DOVE® PROMISES® Milk Chocolate
- 1 bag DOVE® PROMISES® Dark Chocolate
- 1/4 cup butter
- 1/4 cup firmly packed brown sugar
- 2 eggs
- 1 cup flour
- 1 teaspoon almond extract
- 1/4 teaspoon baking powder

Prep time: 25 min.
Baking time:10-12 min.
Difficulty: Easy
Makes 24 cookies

1. Coarsely chop the DOVE® PROMISES® Milk Chocolate and melt them either in a bowl on top of a double boiler or in the microwave for 1 to 1½ minutes. **2.** Stir the chocolate until smooth. Add the sugar, butter, eggs and almond extract. **3.** Stir in the flour and baking powder. **4.** Add 1 cup of chopped DOVE® PROMISES® Dark Chocolate. **5.** Drop heaping tablespoons of batter on an ungreased cookie sheet. **6.** Bake in a preheated oven at 350 degrees for 10 to 12 minutes. **7.** Cool on the cookie sheet.

Tear and save for inspiration

Dove® Chocolate

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Find special ideas from Martha Stewart under every holiday DOVE® Chocolate wrapper

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It tastes this deli fresh. But without the deli counter pric

Oscar Mayer Deli Fresh Shaved Meats are sliced, packed and sealed at the peak of freshness. And cost 25% less than the leading brand of deli counter meats.

For the love of a great sandwich.

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celebrate SANDWICH NIGHT!

Looking for items to add to your grocery list that are budget friendly but still of the highest quality?

Oscar Mayer Deli Fresh Shaved Meats cost 25% less than the leading brand of deli counter meats, and because most are 98% fat-free, it is food you can feel good about using and sharing. Why not start a Sandwich Night tradition as a fresh alternative to takeout?

Tips for a tasty dinner at home:

Create a sandwich bar and let the kids make their own combinations!

Explore new condiments on your sandwich such as spreadable goat cheese, horseradish, or Caesar salad dressing.

While you're at it, make a few sandwiches for lunch tomorrow, too. Wrap them in plastic and refrigerate to keep at peak freshness.

Oscar Mayer offers great varieties with that fresh-from-the-deli taste including: **Shaved Oven Roasted Turkey, Smoked Ham,** and **Rotisserie Seasoned Chicken**—just like the deli but without the wait or higher cost. It's like having a deli case in your own refrigerator.

Oscar Mayer

oscarmayer.com

DINNER UNDER $10

RED BEANS WITH ANDOUILLE AND CORNBREAD *This budget-friendly Southern supper is just right for fall.*

The average cost of these recipes was calculated based on prices listed at four supermarkets across the continental United States. For pantry and freezable items, cost was calculated on the actual amount used. Check the grocery stores in your area for exact pricing.

red beans with andouille sausage

SERVES 4
PREP TIME: 20 MIN
TOTAL TIME: 1 HR 20 MIN

- ☐ 1 teaspoon vegetable oil
- ☐ 1 pound andouille sausage, halved lengthwise and cut into 1-inch pieces
- ☐ 1 medium onion, diced small
- ☐ 2 garlic cloves, finely chopped
- ☐ 1 bag (1 pound) dried, small red beans, soaked overnight and drained
- ☐ coarse salt and ground pepper

In a large saucepan, heat oil over medium. Add andouille; cook until fat is released and sausage is slightly golden in spots, 10 to 12 minutes. Using a slotted spoon, transfer to a plate. Add onion and garlic to pan; cook until softened, 3 to 5 minutes. Add beans and 4½ cups water; bring to a boil. Reduce to a simmer, partially cover, and cook until beans are tender, 1 to 1½ hours, adding more water if necessary. Stir in andouille and heat through; season with salt and pepper.

per serv: 618 cal; 22.7 g fat (9.2 g sat fat); 41.4 g protein; 65.9 g carb; 20.5 g fiber

buttermilk cornbread

SERVES 8
PREP TIME: 10 MIN
TOTAL TIME: 45 MIN

- ☐ ¼ cup unsalted butter, melted, plus more, room temperature, for baking pan
- ☐ 1 cup yellow cornmeal
- ☐ 1 cup all-purpose flour (spooned and leveled)
- ☐ ¼ cup sugar
- ☐ 1½ teaspoons baking powder (for a fluffier cornbread, add ½ teaspoon baking soda)
- ☐ 1½ teaspoons coarse salt
- ☐ 1 cup low-fat buttermilk
- ☐ 2 eggs

1 Preheat oven to 400°. Butter a 9-inch square baking pan. In a large bowl, combine cornmeal, flour, sugar, baking powder, baking soda (if using), and salt. In a medium bowl, whisk together buttermilk, butter, and eggs (mixture might appear curdled). Add to flour mixture and stir just until combined (do not overmix). Transfer to baking pan and smooth top.

2 Bake until a toothpick inserted in center comes out clean, 20 to 25 minutes. Let cool on a wire rack 15 minutes before serving.

per serv: 226 cal; 7.7 g fat (4.2 g sat fat); 5.5 g protein; 33.6 g carb; 1.1 g fiber

SPICY SAUSAGE
Andouille is a spicy Cajun pork sausage. As an alternative, you can use kielbasa or another type of smoked sausage.

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Prepping for Perfection

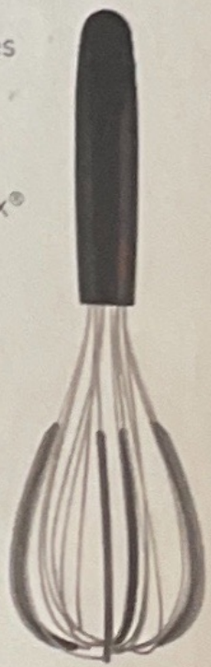
DAUNTED BY DINNER PARTIES? With Pyrex® tools in your kitchen, there's no need to stress. Their smart design helps take the "work" out of prep work.

Whisk

WHIP IT GOOD; WHIP IT UP: Homemade whipped cream dresses up even the simplest cake or fruit dish. To make yours perfect, place the cream in the freezer before you whip, then reach for your Pyrex® whisk. Its double balloon loops make for faster, easier whipping, and its silicone edges allow you to simultaneously scrape the sides of your bowl—so you don't lose a drop of the good stuff.

Measuring cups

PERFECT INGREDIENTS; MEASURE & MIX: To avoid excess sticking and inaccurate amounts, use a nonstick spray on your cups before measuring any oil or honey. The tapered shape of Pyrex® cups means better scooping and pouring, thus ensuring perfect measurements every time. And you'll never have to search for individual cups again because the magnetic handles on Pyrex® cups keep them nested together.



3 ESSENTIAL TOOLS THAT MAKE YOUR LIFE EASIER

Bake, Serve 'N Store container

BEYOND BAKING; BEYOND THE OVEN: Learn to take advantage of this incredibly multi-purpose Pyrex® glass container. Use it to prep and freeze Eggplant Parmesan for later baking, microwave-defrost meats prior to cooking, and make chocolate pudding days in advance. When you're done, just stick it in the dishwasher for easy cleanup.

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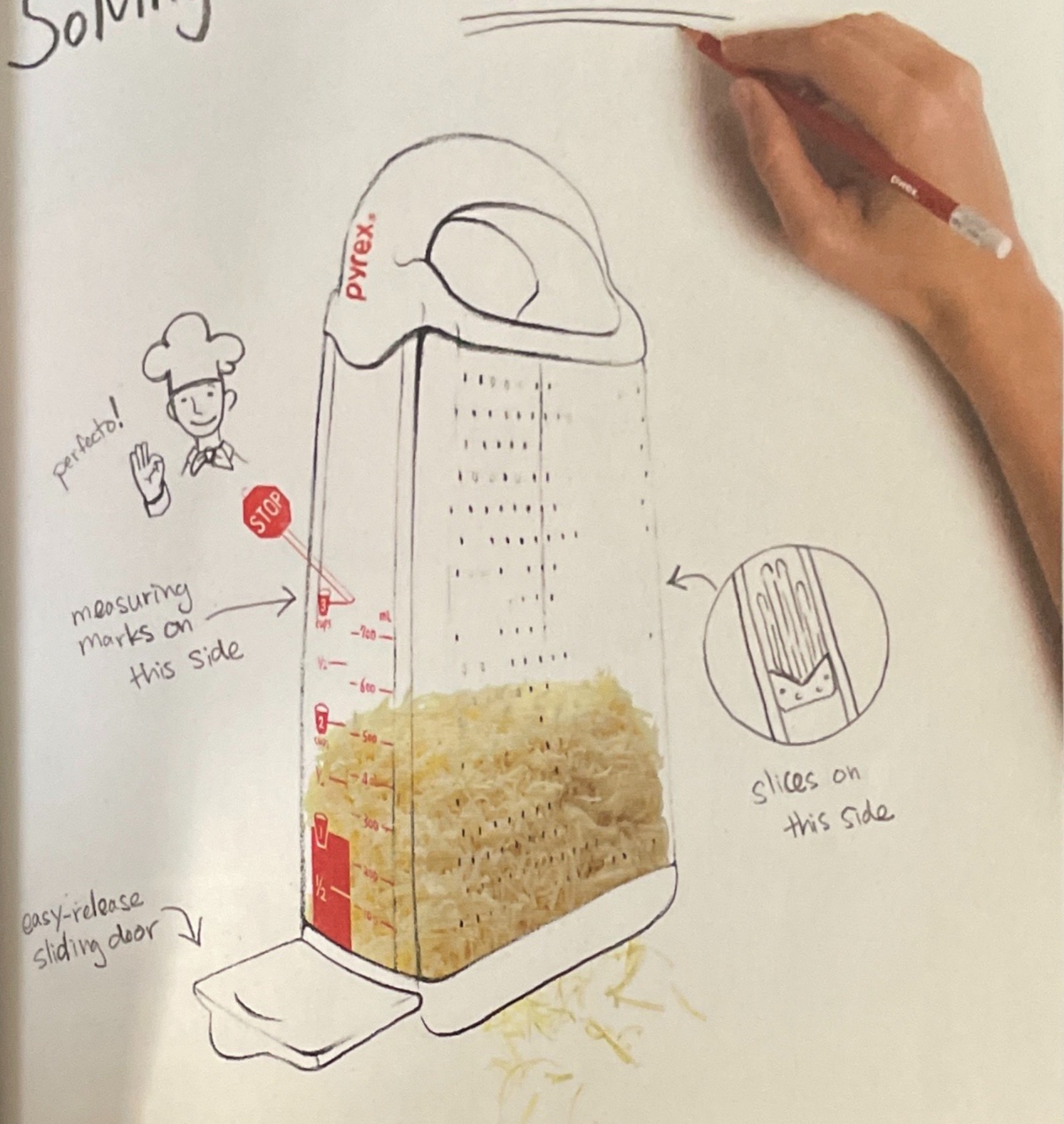
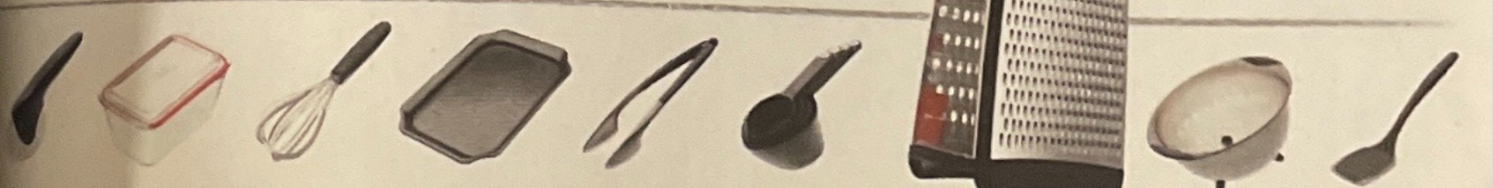
Solving for the GRATE.



There has to be a better way. That's the thinking behind our new line of cooking tools. For example, our Pyrex® box grater has measuring marks, so you grate exactly the amount you need. See all our smart new products at pyrexware.com.

pyrex
COOKING SOLVED™



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INSTANT PARTY

HERB-CHEESE PALMIERS AND WHISKEY SOURS

Kick off Thanksgiving in style by greeting guests with old-fashioned drinks and savory pastries.

WHISKEY SOURS

In a pitcher, combine 4 cups fresh orange juice (from 8 oranges), 1 cup fresh lemon juice (from 8 lemons), 1 cup triple sec, and 2½ cups whiskey. Serve over ice, topped with an orange slice and a maraschino cherry, if desired. **SERVES 8**

per serv: 326 cal

HERB-CHEESE PALMIERS

see recipe, page 60 >>

HERB-CHEESE PALMIERS << see photo, page 59

1 Preheat oven to 375°, with racks in upper and lower thirds. On a lightly **floured** surface, roll out 1 sheet thawed **puff pastry** (from a 17.3-ounce package) to a 10-by-16-inch rectangle. Brush with 1 tablespoon **extra-virgin olive oil** and sprinkle with ¼ cup grated **extra-sharp cheddar**, 3 tablespoons grated **Parmesan**, 3 tablespoons chopped **fresh herbs** (such as thyme, sage, and oregano), and ¼ teaspoon **coarse salt**. Fold dough lengthwise into thirds (like a letter), then fold in half. Refrigerate until slightly firm, about 10 minutes. Cut dough crosswise into ¼-inch-thick slices (you should have about 38).

2 Place slices on 2 large baking sheets. Refrigerate until firm, about 30 minutes. (To store, cover with plastic wrap and refrigerate, up to 1 day.) In a bowl, combine 1 large **egg yolk** and ½ teaspoon **water**. Brush tops of palmiers with egg wash. Bake until golden brown, about 25 minutes, rotating sheets halfway through. **SERVES 8**

per serv (4 pieces): 56 cal; 4.6 g fat (0.2 g sat fat); 2 g protein; 1.7 g carb; 0.1 g fiber

DELIGHTFULLY DELICIOUS HERSHEY'S® KISSES® PEANUT BUTTER BLOSSOMS RECIPE

48 HERSHEY'S® KISSES® Milk Chocolates
1/2 cup shortening
3/4 cup REESE'S® Creamy Peanut Butter
1/3 cup granulated sugar
1/3 cup packed light brown sugar
1 egg
2 tablespoons milk
1 teaspoon vanilla extract
1-1/2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
Granulated sugar

1. Heat oven to 375°F. Remove wrappers from chocolates.

2. Beat shortening and peanut butter in large bowl. Add 1/3 cup granulated and brown sugar; beat until fluffy. Add egg, milk and vanilla; beat well. Stir together flour, baking soda and salt; gradually beat into mixture.

3. Shape dough into 1-inch balls. Roll in sugar; place on ungreased cookie sheet.

4. Bake 8 to 10 minutes or until lightly browned. Immediately press a KISSES® Chocolate into center of each cookie. Remove from cookie sheet to wire rack. Cool completely. Makes about 4 dozen cookies.

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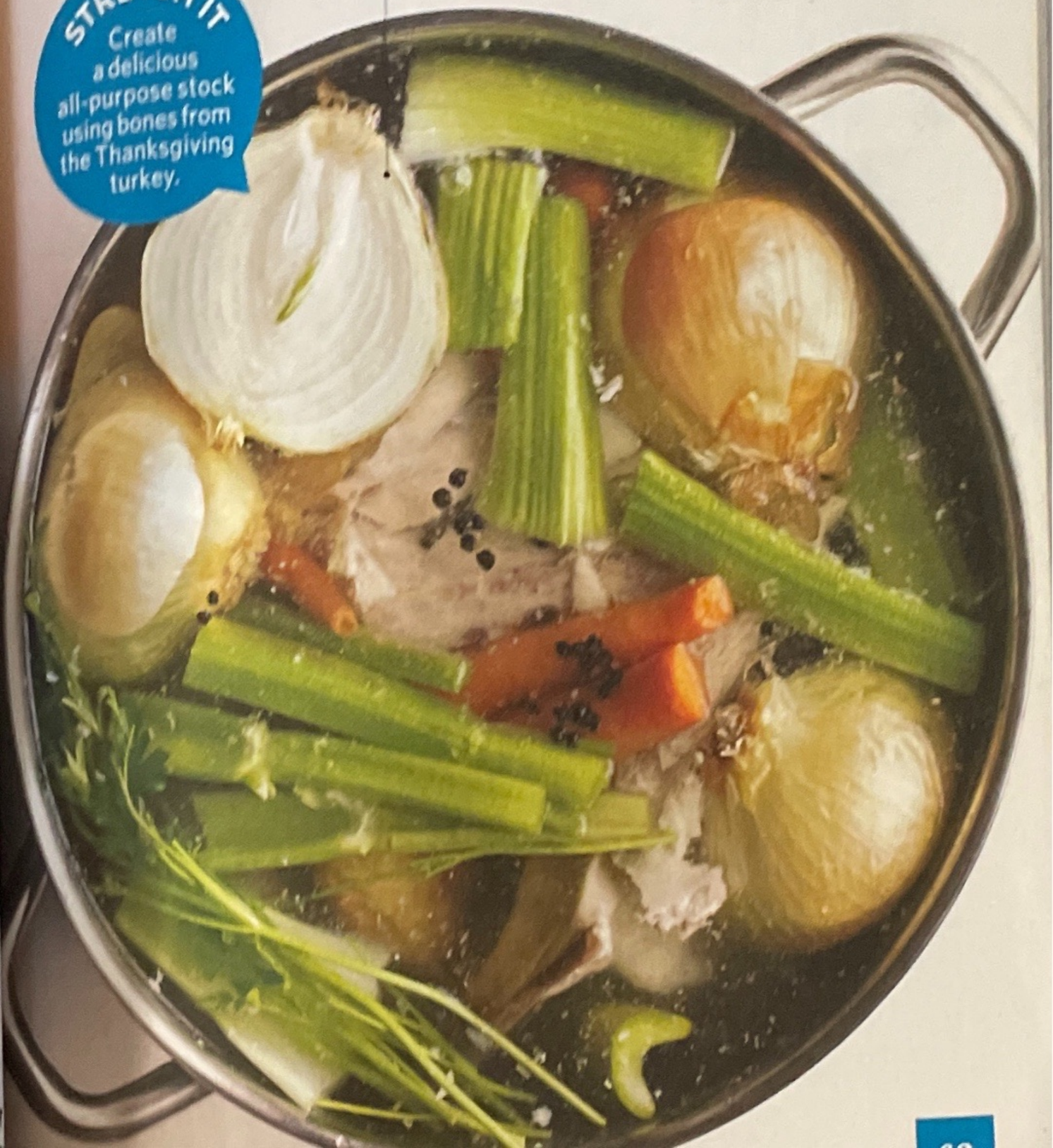
HOW-TO

step-by-step lessons with the EVERYDAY FOOD *editors*

turkey stock

Be sure to save the turkey bones from your Thanksgiving feast—you can use them to make a pot of flavorful stock. Simmer them with some onions, carrots, and celery and you'll have a freezable, low-sodium base for soups, stews, rice dishes, and more. *see recipe, page 64 >>*

STRETCH IT
Create a delicious all-purpose stock using bones from the Thanksgiving turkey.



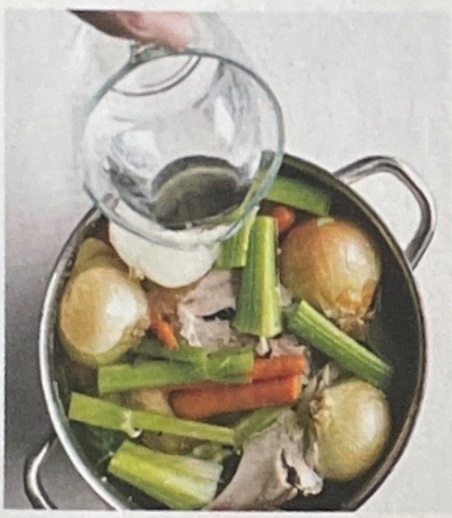
easy turkey stock

MAKES 6 QUARTS ■ PREP TIME: 15 MIN ■ TOTAL TIME: 3 HR + COOLING

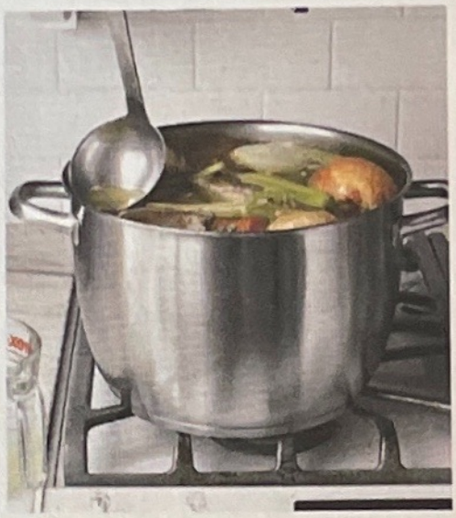
WHAT YOU'LL NEED

- ☐ 5 pounds leftover turkey bones (with some meat still attached), broken into large sections if necessary
- ☐ 1 pound yellow onions, skins on, halved or quartered depending on size
- ☐ ½ pound carrots, cut into 4-inch lengths
- ☐ ½ pound celery stalks, cut into 4-inch lengths
- ☐ ½ teaspoon whole black peppercorns
- ☐ 8 sprigs parsley

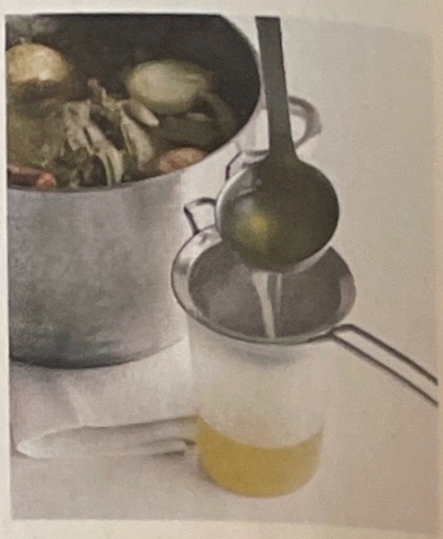
WHAT TO DO



1 In a 3-gallon stockpot, combine all ingredients and fill with enough cold water to cover ingredients by 3 inches when submerged (about 6 quarts).



2 Bring to a rapid simmer over high (do not boil); reduce heat until bubbles barely break the surface. Simmer until flavorful, about 2 hours, skimming stock with a ladle every 30 minutes.



3 Strain stock through a fine-mesh sieve. Discard vegetables. Remove meat from bones and save for another use; discard bones. Let stock cool completely before refrigerating. (To store, refrigerate, up to 1 week, or freeze, up to 6 months.)

per 1 cup: 88 cal; 3.1 g fat (1 g sat fat); 11.6 g protein; 2.8 g carb; 0.7 g fiber

STOCK TIPS

Keep the stock at a bare simmer; a hard boil would evaporate too much liquid and make the stock cloudy. Any fat that remains after skimming can be easily removed once the stock is chilled. If you don't have a large stockpot, use two smaller pots. To make chicken stock, simply use leftover chicken bones.

TURKEY NOODLE SOUP

- ☐ 2 tablespoons unsalted butter
- ☐ 2 celery stalks, diced medium
- ☐ 3 carrots, cut into ¼-inch-thick rounds
- ☐ 1 medium white onion, diced medium
- ☐ coarse salt and ground pepper
- ☐ 8 cups Easy Turkey Stock (opposite)
- ☐ 2 cups wide egg noodles
- ☐ 1 sprig rosemary, about 2 inches long
- ☐ ¾ pound shredded cooked turkey

1 In a 6-quart saucepan, melt butter over medium-high. Add celery, carrots, onion, and ½ teaspoon salt and cook until onion softens, about 3 minutes.

2 Add stock and bring to a rapid simmer. Add noodles, rosemary, 2 teaspoons salt, and ¼ teaspoon pepper and simmer until noodles are tender, 10 to 12 minutes. Add turkey and heat through. **SERVES 6**

per serv: 284 cal; 8.9 g fat (4.1 g sat fat); 31.4 g protein; 18.4 g carb; 2.9 g fiber

RICE PILAF WITH VERMICELLI

- ☐ 4 tablespoons unsalted butter
- ☐ 1 cup vermicelli pasta, broken into short pieces if long
- ☐ 2 cups basmati rice
- ☐ 5 cups Easy Turkey Stock (opposite)
- ☐ coarse salt

1 In a 6-quart saucepan, melt butter over medium. Add vermicelli and cook, stirring frequently, until golden brown, about 4 minutes. Stir in rice and cook until translucent, 2 minutes.

2 Add stock and 2½ teaspoons salt and bring mixture to a boil. Reduce heat to low, cover, and simmer until all liquid is absorbed, 25 to 30 minutes. Remove from heat and let stand 5 minutes. Fluff with a fork before serving. **SERVES 8**

per serv: 303 cal; 7.9 g fat (4.3 g sat fat); 11.7 g protein; 45.5 g carb; 1.3 g fiber

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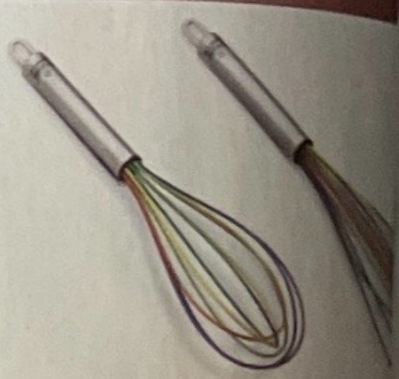

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EAT SMART

fresh ideas for good health

winter squash

NUTRITION NOTES *Winter squashes, such as acorn, butternut, and kabocha, make a great addition to a balanced diet.*

HARDY AND HEALTHY
Winter squashes are low in calories and contain plenty of fiber, which aids digestion, may prevent certain types of cancer, and may help lower cholesterol. They're also high in vitamin C, are a good source of potassium, and contain folate, which may prevent some birth defects.

COLOR CUES
Like orange bell peppers and sweet potatoes, the deep-orange flesh of winter squashes signals that they're rich in beta-carotene, a nutrient that the body converts to vitamin A. Beta-carotene promotes eye health, protects against cancer (especially of the lung), reduces inflammation, and boosts the immune system.

HEALTHY START

POWER UP
Four healthful "superfoods"—soy, blueberries, yogurt, and orange—make this a nutrient-packed breakfast. For an extra boost, blend in a handful of spinach leaves.

SUPERFOOD SMOOTHIE

In a blender, combine ¾ cup fresh or frozen **blueberries**, ½ cup **ice**, ½ cup **plain low-fat regular or Greek yogurt**, 2 tablespoons **soymilk**, 2 tablespoons **fresh orange juice**, and 1 tablespoon **honey**. Blend until smooth, scraping down sides of blender as needed. Serve immediately. **SERVES 1**

per serv: 222 cal; 3.7 g fat (1.6 g sat fat); 12.4 g protein; 39.4 g carb; 3.5 g fiber

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HEALTHWISE Q&A

Q: *Should I incorporate more soy into my diet?*

A: Soy foods such as tofu, soymilk, edamame (fresh soybeans), and soy-protein powder offer a range of health benefits. Tofu is a great substitute for meat because it's high in protein but low in saturated fat. Two daily servings (1 cup soymilk, ½ cup tofu or edamame, or 2 tablespoons soy-protein powder) have been shown to help prevent certain cancers. Soy foods have also been linked to a reduced risk of osteoporosis and can help protect both men and women against heart disease. Soy's benefits are derived from hormone-like compounds, so avoid exceeding the recommended daily servings.

Christine R. Gerbstadt, a registered dietitian in Sarasota, Florida, is a national spokesperson for the American Dietetic Association.

ASK THE EXPERTS
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SPECIAL DIET

GLUTEN-FREE
Soba is made from buckwheat, a gluten-free grain, so it's good for people with celiac disease. Some brands of soba also contain wheat—check the ingredient list.

SOBA NOODLE SALAD WITH CHICKEN AND SCALLIONS

- ☐ ¾ pound gluten-free soba (Japanese buckwheat noodles)
- ☐ ¼ cup gluten-free soy or tamari sauce
- ☐ 2 tablespoons rice vinegar
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon sugar
- ☐ 1 garlic clove, minced
- ☐ 1 teaspoon finely grated peeled fresh ginger
- ☐ ¾ pound shredded cooked chicken
- ☐ 6 scallions, thinly sliced
- ☐ 2¼ cups thinly sliced red cabbage

1 In a large pot of boiling water, cook soba according to package instructions. Meanwhile, in a large bowl, combine soy sauce, vinegar, oil, sugar, garlic, and ginger.

2 Drain soba, rinse with cold water, and drain again. Transfer to bowl with soy mixture and toss. Add chicken, scallions, and cabbage and toss to combine.

per serv: 505 cal; 8.2 g fat (1.3 g sat fat); 37.6 g protein; 72.1 g carb; 5.7 g fiber

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Organic Cut-Out Shortbread Cookies

These easy-to-make cookies are the perfect holiday gift for anyone on your list—place them in a large holiday mug, wrap with cellophane, tie with a festive bow and then attach a note that says "Homemade, Just for You!"

- 1½ cups organic butter, at room temperature
- 1⅓ cups Florida Crystals® Organic Powdered Sugar
- 1 tbsp. pure vanilla extract
- 2⅔ cups organic all-purpose flour
- colored sugar (see below)

Preheat oven to 325°F. In a large bowl, combine butter, powdered sugar and vanilla. Beat until smooth. Gradually add flour until well-blended. Divide dough in half; flatten each into 1-inch thick disks on 2 pieces of plastic wrap. Wrap and refrigerate 1-2 hours or until firm. On a lightly floured surface, with a floured rolling pin, roll half of the dough at a time to ¼-inch thickness. Cut with floured star-shaped cookie cutters. Gather dough scraps; roll into a ball. Refrigerate dough while you repeat rolling and cutting process. Place 1 inch apart on ungreased cookie sheets. Bake 9-10 minutes or until set and lightly browned on the bottoms. Remove baked cookies from oven. Sprinkle with colored sugar while warm. Allow to cool completely.

For Colored Sugar: Using a fork, mix 3 tbsp. Florida Crystals® Organic Cane Sugar with 1 drops of food coloring; allow to dry.

SNAP for FLORIDA CRYSTALS® cookie recipes

Use your camera phone to snap a picture of the Florida Crystals® tag to the right and send it to: 303-847-5995 or edf@snaptag.mobi. You'll receive one of three **delicious cookie recipes** right to your phone for easy reference when shopping and baking!

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All Florida Crystals® products are now Vegan Certified.

Holiday Sugar Cookies

- 1 cup butter or margarine, softened
- 3/4 cup firmly packed Florida Crystals® Organic Light Brown Sugar
- 3/4 cup Florida Crystals® Organic Cane Sugar
- 2 eggs
- 2 tbsp. milk
- 2 tsp. vanilla extract
- 4 cups all-purpose flour
- 1/2 tsp. baking powder
- 1 tsp. salt

Beat butter and sugars together in large mixing bowl until light and fluffy. Add eggs, milk and vanilla; beat well. Stir together flour, baking powder and salt in small bowl; gradually add to sugar mixture. Cover and refrigerate dough 3-4 hours until chilled. Preheat oven to 375°F. On well floured surface, roll out half of dough at a time, to 1/8-inch thickness. Cut into desired shapes. Bake on ungreased cookie sheet for 8-10 minutes or until lightly browned at edges. Cool. Decorate as desired. Makes about 7 dozen cookies.

To learn more about our Carbon*Free*® certification and earth-friendly practices, visit us at **www.floridacrystals.com**

EVERYDAY LIGHT

FISH WITH LEMON-PARSLEY RELISH *An herb and citrus sauce adds zest to skillet-steamed fish fillets.* see recipe, page 82 >>

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A cracker that melts in your mouth? **Now that's rich.**

CLUB ORIGINAL CRACKERS

fish with lemon-parsley relish

<< see photo, page 80

SERVES 4 ■ PREP TIME: 25 MIN ■ **TOTAL TIME: 25 MIN**

Lemon, parsley, and capers are a traditional combination for fish. Using lemon segments in addition to lemon juice gives the relish texture.

- ☐ 1 lemon
- ☐ ¼ cup chopped fresh parsley
- ☐ 2½ tablespoons extra-virgin olive oil
- ☐ 2 teaspoons rinsed and chopped capers (optional)
- ☐ coarse salt and ground pepper
- ☐ 1 shallot, halved and thinly sliced
- ☐ 2 bags (10 ounces each) spinach, thick stems removed
- ☐ 8 thin flounder, sole, or turbot fillets (4 ounces each)
- ☐ ½ cup dry white wine

1 With a sharp knife, cut off top and bottom of lemon, then slice away peel and white pith. Cut out lemon segments and chop; transfer to a small bowl. Squeeze juice from membranes into bowl. Stir in parsley, 1½ tablespoons oil, and capers, if using; season relish with salt and pepper.

2 In a large skillet, heat 1 tablespoon oil over medium-high. Add shallot and cook until softened, 2 to 4 minutes. Gradually add spinach and cook, tossing, until just wilted, 4 to 6 minutes; season with salt and pepper. Transfer to a bowl and cover to keep warm. Wipe skillet clean.

3 Season fish with salt and pepper. Fold each fillet into thirds. Place fish in skillet and pour in wine; bring to a boil over high. Cover, reduce heat to low, and cook until fish is just opaque, 4 to 6 minutes. Serve with lemon-parsley relish and spinach.

per serv: 318 cal; 11.6 g fat (1.9 g sat fat); 41.2 g protein; 10.5 g carb; 2.5 g fiber

NEAT TRICK
Folding the fish into thirds allows you to steam all of the fillets in one batch.

How to impress without the stress.

Step 1: Prepare your favorite potato, rice or veggie dish.

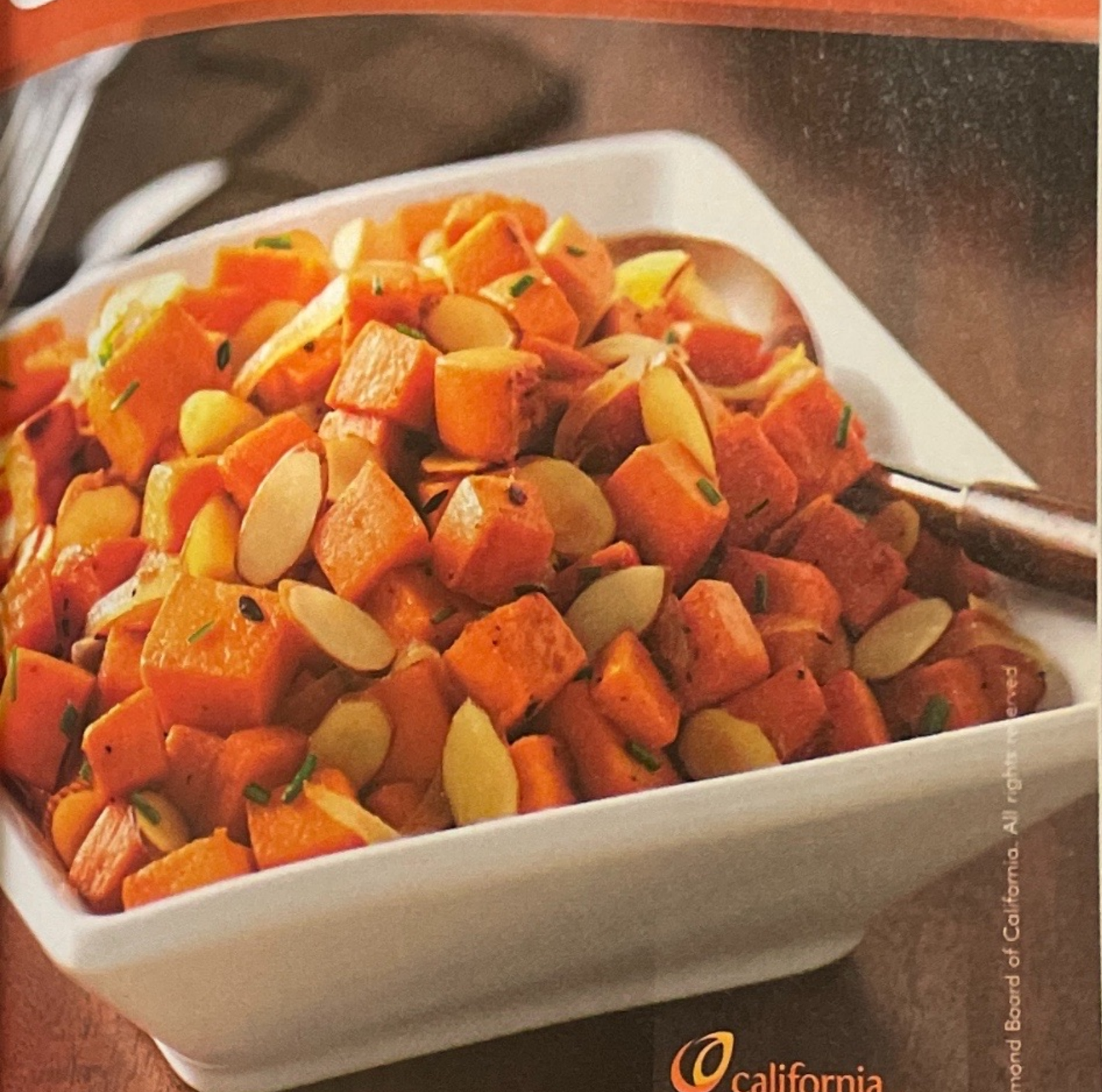
Step 2: Toss in a handful of sliced California Almonds.

Step 3: Serve it up and savor the compliments.

Step 4: Call attention to the fact that almonds give any meal a heart-healthy boost. Plus, they make it crunchier and tastier, too.

Step 5: Repeat every chance you get.

Remember: Almonds steal the show in almost every food from sweet to savory, hors d'oeuvres to entrées, exotic to everyday. So, whatever you're cooking up, make sure almonds are in.



ood news about good fat
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california almonds

AlmondBoard.com

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Without *Campbell's*® Green Bean Casserole, a holiday just feels like any day.

Green Bean Casserole

Prep: 15 min. Bake: 30 min. Makes: 12 servings

2 cans (10¾ oz. each) Campbell's® Condensed Cream of Mushroom Soup (regular *or* 98% Fat Free or Healthy Request)
1 cup milk
2 tsp. soy sauce
¼ tsp. ground black pepper
8 cups cooked cut green beans
1 can (6 oz.) French's® French Fried Onions (2⅔ cups)

1. Stir soup, milk, soy sauce, black pepper, beans and *1⅓ cups* onions in 3-qt. casserole.
2. Bake at 350°F. for 25 min. or until hot. Stir.
3. Top with remaining onions. Bake for 5 min. more.

Tip: Toast *½ cup sliced almonds*. Add with remaining onions.

So many, many reasons it's so...**M'm! M'm! Good!**®

Campbell's

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EVERYDAY FOOD'S

THANKSGIVING HANDBOOK

GETTING STARTED

BUYING THE TURKEY

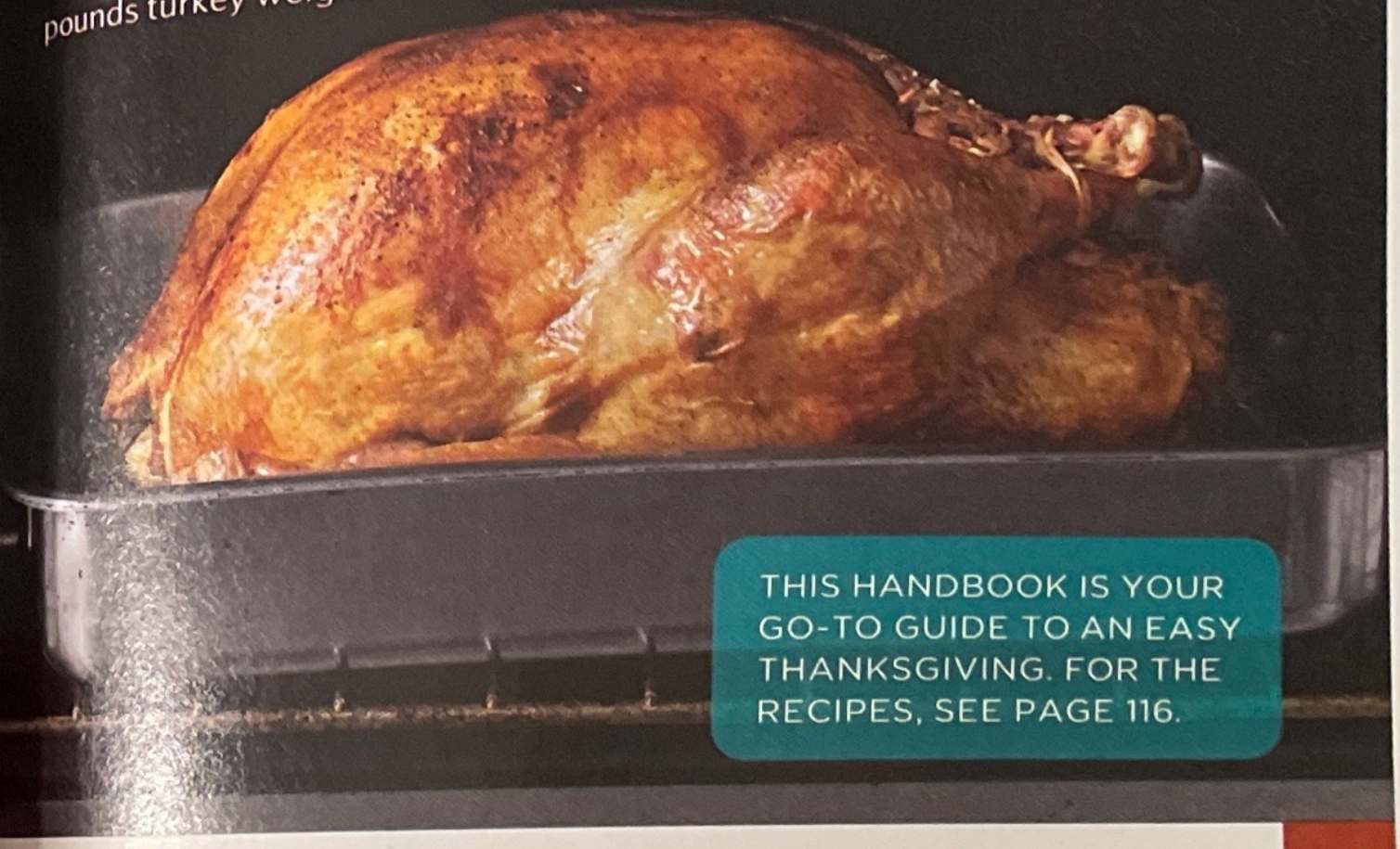
When it comes to flavor, fresh, natural turkeys have the most to offer, but you may have to preorder them from your butcher. Avoid self-basting turkeys, which contain additives and flavorings. Kosher turkeys are pre-salted and generally turn out moister than other types.

FRESH VS. FROZEN

Good-quality frozen turkeys can be just as tasty as fresh ones. Thaw frozen turkeys on a rimmed baking sheet in the refrigerator, allowing 1 day of thawing for every 4 to 5 pounds turkey weight.

TOP ROASTING TIPS

- For flavorful meat, spread butter under the skin or baste the bird with melted butter as it roasts.
- Overcooking the turkey is what causes the meat to be dry. Use an instant-read thermometer (see page 88) to judge doneness accurately.
- Let the turkey rest for at least 30 minutes before carving—this allows the juices to reabsorb into the meat instead of running all over your cutting board.



THIS HANDBOOK IS YOUR GO-TO GUIDE TO AN EASY THANKSGIVING. FOR THE RECIPES, SEE PAGE 116.

TURKEY DAY STRATEGY

This shopping list is based on our Thanksgiving menu (page 116). All of our recipes serve 8 but can easily be doubled.

THE SCHEDULE

2 WEEKS AHEAD
Order turkey (if using fresh).

1 WEEK AHEAD
Dry bread for stuffing.

3 TO 4 DAYS AHEAD
Make cranberry sauce. If using a frozen turkey, place in the refrigerator to thaw (see page 85).

2 DAYS AHEAD
Fry shallots and make mushroom sauce for green bean casserole. Trim and peel pearl onions. Make pie crust (see Icebox Pies, page 128).

1 DAY AHEAD
Make giblet stock and glazed pearl onions. Blanch green beans and prep sweet potatoes. Set the table; pick out platters, bowls, and serving utensils. Chill wines.

MORNING OF
Finish pie and make stuffing. Bring turkey to room temperature.

4 HOURS BEFORE
Stuff turkey and start roasting. After 1 hour, place sweet potatoes in oven. Bring cranberry sauce to room temperature.

1 HOUR BEFORE
Assemble green bean casserole. While turkey rests, bake casserole, make gravy, cook brussels sprouts, and reheat glazed onions.

THE SHOPPING LIST

PRODUCE

- ☐ 1 lemon
- ☐ 2 pints brussels sprouts (2 pounds total)
- ☐ 2 pounds green beans
- ☐ 1 pound button mushrooms
- ☐ 3½ pounds sweet potatoes
- ☐ 1 bunch celery
- ☐ 1 large onion
- ☐ 2 bags (10 ounces each) red or white pearl onions
- ☐ 6 large shallots
- ☐ 2 bags (12 ounces each) cranberries
- ☐ 4 oranges

DAIRY & POULTRY

- ☐ 1 cup whole milk
- ☐ 3 eggs
- ☐ 1 whole turkey (about 12 pounds)

STAPLES

- ☐ oil: extra-virgin olive, vegetable
- ☐ butter
- ☐ all-purpose flour
- ☐ sugar: dark-brown, granulated
- ☐ balsamic vinegar

MISCELLANEOUS

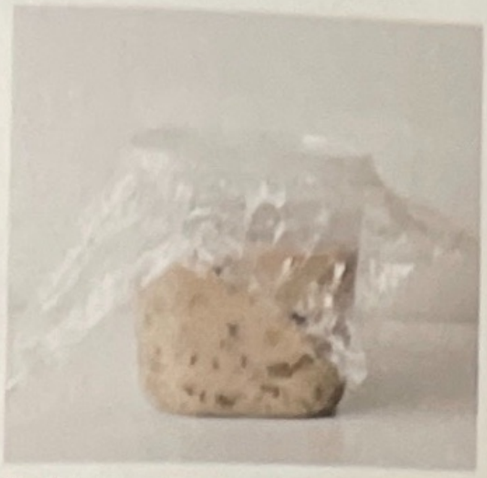
- ☐ 2 loaves white sandwich bread
- ☐ 43.5 ounces low-sodium chicken broth
- ☐ dried rubbed sage
- ☐ celery seed
- ☐ 1 bottle (750 ml) dry white wine
- ☐ 1 ounce bourbon

DO-AHEAD TIPS

The key to a stress-free Thanksgiving is prepping this simple menu in advance. With these tasks crossed off the list, you'll have more time with your guests.

GREEN BEAN CASSEROLE P.125

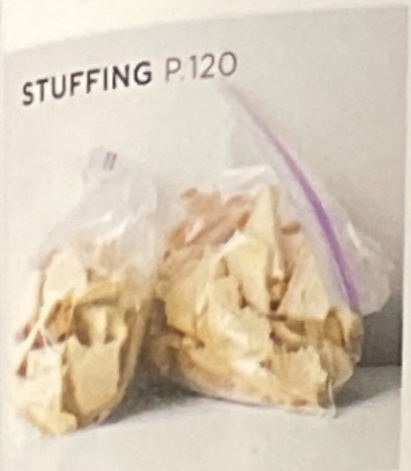
Store shallots at room temperature with paper towels underneath, up to 2 days.



Refrigerate mushroom sauce with plastic wrap on surface, up to 2 days.

Cool and dry blanched green beans, then refrigerate in a plastic bag, up to 1 day.

STUFFING P.120



Store cooled dried bread at room temperature in a plastic bag, up to 1 week.

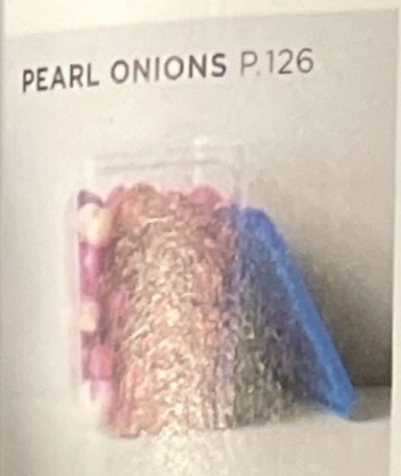
CRANBERRY SAUCE P.127

Keep sauce in an airtight container in the refrigerator, up to 1 week.

SWEET POTATOES P.122

Refrigerate peeled and cut sweet potatoes in a plastic bag, up to 1 day.

PEARL ONIONS P.126



Keep peeled, trimmed onions in the refrigerator, up to 2 days.

TURKEY P.119

If using a frozen turkey, be sure to allow enough time for it to defrost.

ICEBOX PIE CRUST P.128

Tightly wrap crust in baking dish. Store at room temperature, up to 2 days.

A FEW GOOD TOOLS

ROASTING PAN

Forget fancy roasting racks—a sturdy 11-by-14-inch roasting pan is all you need to cook the turkey. Look for one that's 3 inches deep, with a heavy bottom. Thin or disposable pans may scorch and can't be heated on the stovetop to make gravy.

ALUMINUM FOIL

This kitchen staple protects the turkey from overbrowning as it roasts and tents the turkey while it rests, preventing too much heat from escaping.

KITCHEN TWINE

Use twine to tie the turkey's legs together. It will ensure even cooking and give the roast a nice shape.

INSTANT-READ THERMOMETER

This simple tool takes the guesswork out of roasting, which is key to preventing a dry bird. For an accurate reading, insert the thermometer into the thickest part of the thigh, avoiding the bone.

Why trust your cheesecake to anyone but PHILLY.

Katie Brown is a Lifestyle Expert and Host of Public Television's *Katie Brown Workshop.*

PHILADELPHIA New York Cheesecake

Prep: 15 min. plus refrigeration
Bake: 40 min.

6 HONEY MAID Honey Grahams, crushed
1 cup plus 3 Tbsp. sugar, divided
3 Tbsp. butter or margarine, melted
5 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
3 Tbsp. flour
1 Tbsp. vanilla
1 cup BREAKSTONE'S or KNUDSEN Sour Cream
4 eggs
1 can (21 oz.) cherry pie filling

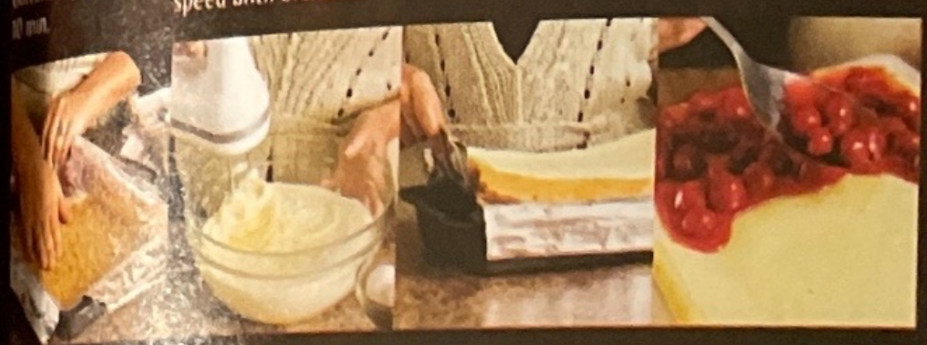
During tests of plain NY style cheesecake made with PHILADELPHIA Cream Cheese versus store-brand versions, consumers rated PHILLY cheesecake better tasting.

HEAT oven to 325°F. Line 13x9-inch pan with foil. Mix crumbs, 3 Tbsp. sugar and butter; press onto bottom of pan. Bake 10 min.

BEAT cream cheese, sugar, flour and vanilla until blended. Add sour cream; blend. Add eggs, 1 at a time, mixing on low speed until blended.

BAKE 40 min. or until center is almost set. Cool completely. Refrigerate 4 hours. Use foil to lift cheesecake from pan.

TOP with pie filling and serve. Makes 16 servings.



PHILLY makes a better cheesecake.
KRAFT
PHILADELPHIA
ORIGINAL

www.creamcheese.com

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PREPPING THE TURKEY

The secret is there is no secret. These steps yield a flavorful, moist turkey every time: Spread butter under the skin, stuff loosely, season generously, and truss the legs.

1 Tuck wing tips underneath body of turkey.

2 Pat turkey dry inside and out with paper towels. Salt and pepper inside of turkey.

3 With fingers, separate skin from turkey breast. Stuff softened butter under skin.

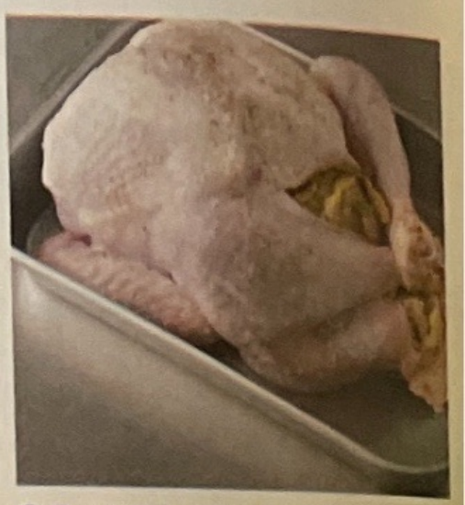
4 Loosely stuff large cavity of turkey (stuffing expands as it cooks).

5 Stuff neck cavity with a small amount of stuffing. Fold neck skin over opening.

6 Using kitchen twine, cross the legs together and tie them securely.

7 Season turkey generously all over with coarse salt.

8 Season turkey all over with freshly ground black pepper.



9 Put turkey into roasting pan. It's ready to roast.

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The Smarter Cooking Oil™"

mpeian OlivExtra® Plus is an excellent source of Omega-3 DHA*

We're calling Pompeian OlivExtra Plus **"The Smarter Cooking Oil"** not because it's just another catchy advertising slogan – but because it's the truth! OlivExtra Plus is an incredibly healthful combination of our full-flavored, premium extra virgin olive oil with milder tasting canola oil, and Omega-3 DHA*.

Without getting too technical, all you need to know is this: DHA supports brain, eye, and heart health and is recommended e American Heart Association and the Dietary Guidelines for ricans for cardiovascular health.

OlivExtra Plus puts natural antioxidant benefits in all your es and it's also low in saturated fat, cholesterol, and is sodium and trans-fat free.

And what's more, it's an excellent value.

Now, if that's not smart, we don't know what is!

QUALITY SINCE 1906

POMPEIAN

Makes every day better.

r more information on our OlivExtra Plus with Omega-3 DHA or this -Lime Chicken Breast and other recipes, go to www.pompeian.com

life'sDHA™ is a trademark of Martek Biosciences Corporation. It is a long-chain polyunsaturated Omega-3 fatty acid produced from algae, a vegetarian source.

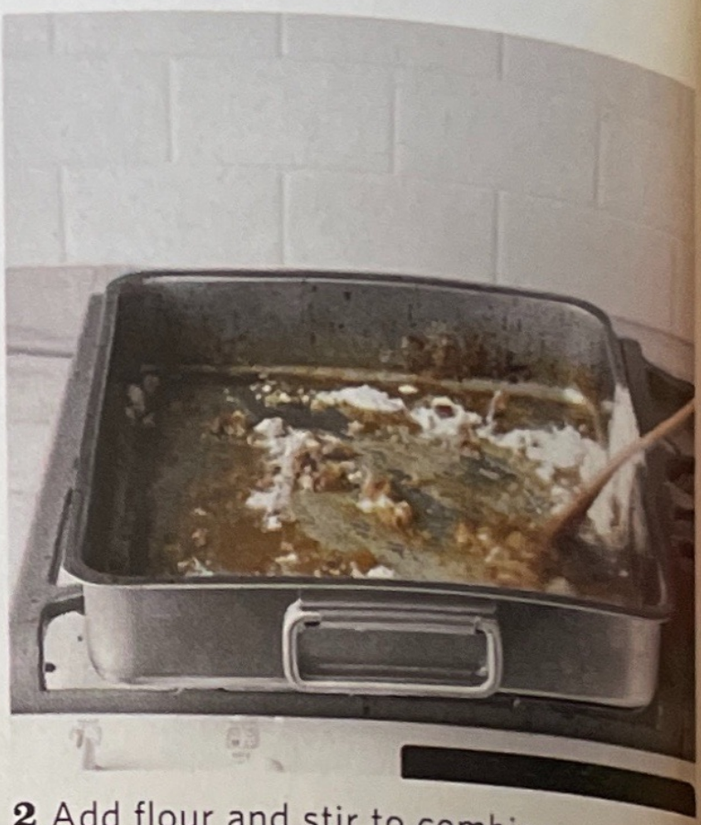
s a total 32mg of DHA per serving, which is 20% of the 160mg Daily Value more than regular olive oil, which contains no DHA; and 1260mg per serving ALA from canola oil.

ments have not been evaluated by the Food and Drug Administration. uct is not intended to diagnose, treat, cure, or prevent any disease. pompeian.com for more details.

ALL ABOUT THE GRAVY

Made-from-scratch gravy is one of the highlights of Thanksgiving. Build flavor with drippings from the roasting pan and a homemade stock.

1 Place roasting pan across two burners and simmer pan juices, scraping and stirring with a wooden spoon, until liquid thickens and holds a trail.



2 Add flour and stir to combine. Continue to cook until flour mixture is bubbling and smooth. This is your thickener (also called a roux).

3 Slowly whisk in stock and water. Cook, whisking, until gravy thickens (reduce heat if it starts to scorch).

4 If desired, pour gravy through a sieve to remove any lumps. Season with salt and pepper and thin with water, if necessary.

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Rich, velvety deliciousness. With half the fat and calories.

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How to Become Human in 6 Million Simple Steps

1. Get out of tree

2. Stand tall

3. Grow big brain

4. Scratch vigorously

5. Shed

6. Flee animals

7. Chase animals

See how *they* became *us*. What we kno
about evolution is in for a change.

8. Make tools

NOVA

BECOMING HUMA

9. Make fire

3-part miniseries premieres TUES NOV 3 | 8P

10. Make small talk

Be more

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CARVING 1-2-3-4

You'll be the star of the Thanksgiving feast when you learn this simple four-step technique for carving, which creates neatly sliced portions of meat.

1 Pull each leg away from the body and slice through skin between breast and drumstick. Bend leg back until thigh-bone pops out of socket. Cut through joint and skin to detach leg completely.

2 Keeping the blade close to rib cage and using it as your guide, slice along each side of the breastbone to remove breasts. Cut wings off at joint.

3 Cut between joint to separate thigh from drumstick. Both pieces can now be cut off the bone into slices.

4 Slice breasts crosswise, skin side up, and arrange on a platter with dark meat and wings. Scoop stuffing from cavity.

GET THE Party Started!

Raise everyone's spirits with a quick and easy appetizer platter featuring California Pizza Kitchen Margherita pizza in three easy steps:

1. Bake a California Pizza Kitchen Margherita frozen pizza according to package directions.
2. Remove from the oven and cut into bite-size strips.
3. Serve hot with a tasty dipping sauce, like pesto mayo, marinara, or olive oil flavored with Parmesan, balsamic vinegar, and black pepper.

Fontina, Mozzarella
and Romano.
The perfect storm of che

Electrify your appetite with a savory b
of cheese, garlic and spinach. In your
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A tradition of being non-trad

It's a fast, simple, and delicious way to entertain guests.

SNAP for BONUS APPETIZER IDEAS!

Use your camera phone to snap a picture of the California Pizza Kitchen tag to the right and send it to 303-847-5995 or edf@snaptag.mobi. We'll send you even **more serving tips** *featuring delicious pizzas from California Pizza Kitchen.*

They're all the taste of takeout, but right in your grocer's freezer.

Great taste strikes again.
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The delightfully toasty Chicken Bacon Club, one of four Flatbread Melts under 400 calories. They're all the taste of takeout, but right in **your grocer's freezer. www.cpkfrozen.com**

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november

GATHER ROUND. Here's everything you need for Thanksgiving—and the other 29 days of the month! Strategize your family meals with five nights of hearty **GROCERY BAG** dinners, try out a new batch of **BAKED PASTAS,** and celebrate a **STRESS-FREE HOLIDAY** with our streamlined plan. For dessert: crowd-pleasing **ICEBOX PIES** you can make ahead of time.

GROCERY BAG

As the holiday season kicks into gear, reliable weeknight recipes are essential. Follow our plan and you'll have everyone sitting down to dinner before you know it.

BAKED FISH WITH HERBED BREADCRUMBS AND BROCCOLI

see recipe, page 102 >>

MONDAY

shopping list

PRODUCE

- [ ] 2 bunches broccoli (1¾ pounds total)
- [ ] 1 bunch thyme
- [ ] 1 lemon
- [ ] 2 large acorn squash (3 pounds total)
- [ ] 1 head garlic
- [ ] 1 bunch kale (¾ pound)
- [ ] 1 medium onion

DAIRY

- [ ] ½ pound Swiss cheese
- [ ] 1 package (5 ounces) cream cheese
- [ ] 2 ounces Parmesan (optional)

MEAT/FISH

- [ ] 1¼ pounds boneless, skinless haddock, cod, or halibut
- [ ] 1 boneless pork loin (3 pounds)

STAPLES

- [ ] oil: vegetable, extra-virgin olive
- [ ] butter
- [ ] ground cinnamon
- [ ] ground cumin
- [ ] light-brown sugar
- [ ] yellow mustard

MISCELLANEOUS

- [ ] 5 Portuguese rolls (or other large, crusty rolls)
- [ ] wide egg noodles
- [ ] 1 pound thinly sliced deli ham
- [ ] ancho chile powder
- [ ] 43.5 ounces low-sodium chicken broth
- [ ] 1 can (14 ounces) cannellini beans
- [ ] 1 jar (20 ounces) sliced dill pickles

baked fish with herbed breadcrumbs and broccoli

<< see photo, page 100

SERVES 4 ■ PREP TIME: 10 MIN ■ **TOTAL TIME: 30 MIN**

Find Portuguese rolls in the bread bins at the supermarket. If you like, save time by roasting the broccoli for Tuesday's pasta tonight.

- ☐ 1 pound broccoli, trimmed and cut into florets
- ☐ 3 tablespoons vegetable oil
- ☐ coarse salt and ground pepper
- ☐ 1 Portuguese roll, torn into large pieces
- ☐ 2 teaspoons chopped fresh thyme
- ☐ 2 tablespoons butter, melted and cooled
- ☐ 4 fillets skinless, boneless, firm, white-fleshed fish such as haddock, cod, or halibut (1¼ pounds total and each ½ inch thick)
- ☐ lemon wedges, for serving

1 Preheat oven to 425°, with rack in upper third. On a rimmed baking sheet, toss broccoli, 2 tablespoons oil, 1 teaspoon salt, and ¼ teaspoon pepper. Roast until broccoli is tender and lightly browned, 15 to 20 minutes, tossing halfway through.

2 Meanwhile, in a food processor, pulse bread, thyme, ¼ teaspoon salt, and ⅛ teaspoon pepper until coarse crumbs form. Transfer breadcrumbs to a bowl and stir in butter with a fork.

3 Coat another rimmed baking sheet with 1 tablespoon oil. Arrange fish on sheet and season with salt and pepper. Top each fillet with enough breadcrumbs to coat, pressing firmly to adhere. Bake until fish is opaque throughout and breadcrumbs are golden brown, about 8 minutes. Serve fish with broccoli and lemon wedges.

per serv: 344 cal; 18.3 g fat (5 g sat fat); 31.5 g protein; 15.1 g carb; 3.3 g fiber

creamy pasta with ham and broccoli

SERVES 4 ■ PREP TIME: 10 MIN ■ **TOTAL TIME: 30 MIN**

For a shortcut to a pasta supper, make a silky sauce using cream cheese.

- ¾ pound broccoli, trimmed and cut into florets
- 1 tablespoon extra-virgin olive oil
- coarse salt and ground pepper
- 6 ounces wide egg noodles
- 5 ounces cream cheese, room temperature
- 6 ounces thinly sliced deli ham, cut into ¾-inch pieces

1 Preheat oven to 425°. On a rimmed baking sheet, toss broccoli, oil, ½ teaspoon salt, and ⅛ teaspoon pepper. Roast until broccoli is tender and lightly browned, 15 to 20 minutes, tossing halfway through. Meanwhile, in a large pot of boiling salted water, cook noodles until al dente. Reserve 2 cups pasta water; drain pasta.

2 Return empty pasta pot to medium-low heat. Add cream cheese and 1 cup pasta water; whisk until smooth. Add broccoli and ham and cook until hot. Gently fold in noodles. Thin sauce to desired consistency with more pasta water and season pasta with salt and pepper.

per serv: 417 cal; 21.7 g fat (10.1 g sat fat); 18.2 g protein; 38.5 g carb; 4.2 g fiber

TUESDAY

WEDNESDAY

spice-rubbed pork loin with acorn squash

SERVES 4 ■ PREP TIME: 25 MIN ■ TOTAL TIME: 1¼ HR

Ask your butcher to tie the roast with twine at 1-inch intervals so that it cooks evenly (or do it yourself). Save one-third of the roasted pork for sandwiches on Friday.

- ☐ 4 tablespoons extra-virgin olive oil
- ☐ ¼ cup packed light-brown sugar
- ☐ ½ teaspoon ancho chile powder or other single chile powder
- ☐ ¼ teaspoon ground cinnamon
- ☐ ½ teaspoon ground cumin
- ☐ 2 pounds acorn squash, seeded and cut into 1-inch-thick wedges
- ☐ 1 boneless pork loin (3 pounds), tied
- ☐ coarse salt and ground pepper

1 Preheat oven to 425°. In a large bowl, stir together 3 tablespoons oil, sugar, chile powder, cinnamon, cumin, and 2 tablespoons water. Add squash and toss to coat. Set aside.

2 Generously season pork with salt and pepper. Heat a cast-iron skillet or other heavy pan over high. Add 1 tablespoon oil and swirl to coat. Cook pork on all sides until deep golden brown, about 10 minutes total. Place pork on a rimmed baking sheet; pour oil from skillet onto sheet and spread evenly.

3 Arrange squash around pork. Brush pork with sugar mixture from bowl. Bake until pork is cooked through (an instant-read thermometer inserted in center should register 135°), 40 to 45 minutes, brushing meat with sugar mixture and turning squash every 15 minutes. Tent pork with foil and let rest 10 minutes before slicing.

per serv: 552 cal; 27.3 g fat (6.8 g sat fat); 42 g protein; 36 g carb; 3.7 g fiber

PREPPING SQUASH
Use a large, heavy knife to halve the squash, then scoop out the seeds and cut into wedges.

winter vegetable soup

SERVES 4 ■ PREP TIME: 15 MIN ■ **TOTAL TIME: 30 MIN**

This quick one-pot soup is perfect after a busy day.

- ☐ 2 tablespoons butter
- ☐ 1 medium onion, cut into ½-inch dice
- ☐ 2 garlic cloves, coarsely chopped
- ☐ coarse salt and ground pepper
- ☐ 1 pound acorn squash, peeled, seeded, and cut into 1-inch chunks
- ☐ 1 bunch kale (¾ pound), ribs cut away and discarded, leaves torn
- ☐ 5½ cups (43.5 ounces) low-sodium chicken broth
- ☐ 1 can (14 ounces) cannellini beans, rinsed
- ☐ 3 sprigs thyme
- ☐ grated Parmesan, for serving (optional)

In a large Dutch oven or heavy pot, melt butter over medium. Cook onion and garlic until fragrant, 3 minutes; season with salt and pepper. Add squash and kale and cook until kale is wilted, about 3 minutes; season with salt and pepper. Add broth, beans, and thyme. Bring to a simmer and cook until squash and kale are tender, about 12 minutes. Season soup with salt and pepper and serve with Parmesan, if desired.

per serv: 254 cal; 7.3 g fat (4.2 g sat fat); 12.2 g protein; 38.2 g carb; 7.7 g fiber

THURSDAY

FRIDAY

cubano sandwiches

SERVES 4 ■ PREP TIME: 20 MIN ■ **TOTAL TIME: 30 MIN**

Add a few dashes of your favorite hot sauce to the sandwiches for some extra kick.

- 3 tablespoons butter, room temperature, plus more for pan
- 4 Portuguese rolls, split
- yellow mustard, to taste
- ½ pound thinly sliced deli ham
- 1 pound Spice-Rubbed Pork Loin (page 105), thinly sliced
- ½ pound Swiss cheese, thinly sliced
- sliced dill pickles, to taste

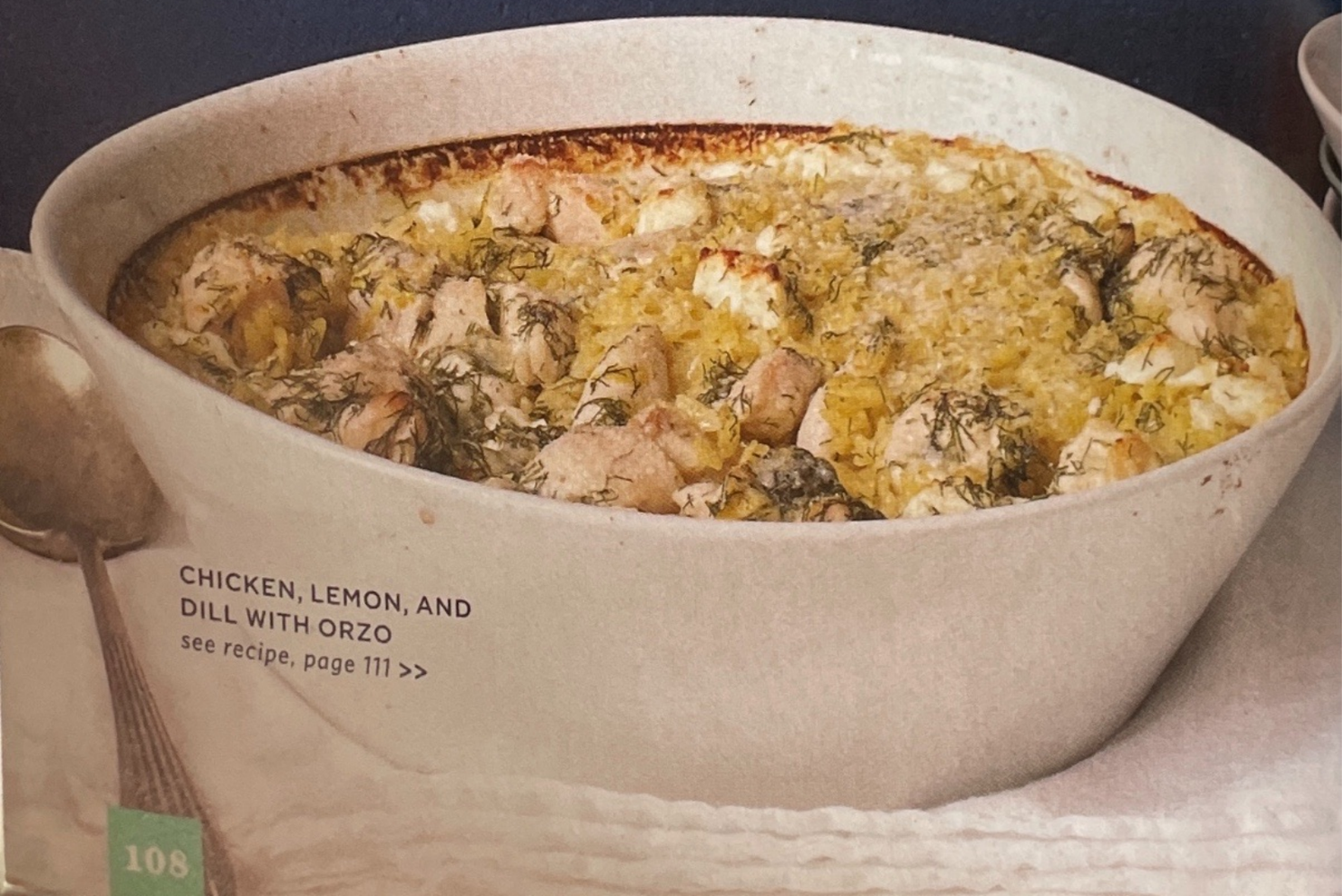
1 Preheat oven to 425°. Butter inside of each roll; spread with mustard. Divide ham, pork, and cheese among bottom halves of rolls. Top with pickles, more mustard to taste, and top halves of rolls. Press down firmly on sandwiches.

2 Heat a grill pan and another heavy pan over medium. With a paper towel, lightly coat grill pan with butter. In batches, place sandwiches on grill pan and weight with second pan. Cook until bread is crisp on the outside, about 3 minutes per side; transfer grill pan to oven and bake sandwiches until cheese has melted, about 5 minutes. To serve, cut sandwiches in half.

per serv: 710 cal; 39.8 g fat (20.1 g sat fat); 50.5 g protein; 35.3 g carb; 2.1 g fiber

beyond lasagna

Delicious and convenient, baked pasta is an irresistible all-in-one dinner. Discover new ideas for this go-to staple, including seasonal squash cannelloni and hearty shells with sausage. Lasagna may have met its match!



CHICKEN, LEMON, AND DILL WITH ORZO

see recipe, page 111 >>

SAUSAGE, MOZZARELLA, AND BROCCOLI RABE WITH SHELLS

see recipe, page 110 >>

sausage, mozzarella, and broccoli rabe with shells

<< see photo, page 109

SERVES 4 ■ PREP TIME: 35 MIN ■ **TOTAL TIME: 50 MIN**

You can substitute a mild sausage, such as sweet Italian, for the spicy variety. If you can't find broccoli rabe, use regular broccoli and increase boiling time to 1 minute.

- ☐ 2 tablespoons extra-virgin olive oil
- ☐ 1 large onion, chopped
- ☐ 3 sprigs thyme
- ☐ coarse salt and ground pepper
- ☐ 2 garlic cloves, chopped
- ☐ 3 links spicy Italian sausage (¾ pound total), casings removed
- ☐ 1 tablespoon all-purpose flour
- ☐ 1 can (28 ounces) whole peeled tomatoes
- ☐ 8 ounces medium shell pasta
- ☐ 1 bunch broccoli rabe (about 1 pound), trimmed and coarsely chopped
- ☐ 6 ounces fresh mozzarella, cut into ½-inch pieces
- ☐ ¼ cup grated Parmesan

1 Preheat oven to 400°. In a large skillet, heat oil over medium-high. Add onion and thyme; season with salt and pepper. Cook, stirring occasionally, until onion is golden brown, 15 minutes (reduce heat if browning too quickly).

2 Add garlic and sausage. Cook, breaking meat up with a wooden spoon, until browned, about 5 minutes. Add flour and cook, stirring constantly, 30 seconds. Add tomatoes, breaking them up with spoon. Cook sauce until slightly thickened, 5 to 8 minutes. Season with salt and pepper. Discard thyme.

3 Meanwhile, in a large pot of boiling salted water, cook pasta 4 minutes less than package instructions. Add broccoli rabe to pot and cook 15 seconds. Drain pasta and broccoli rabe and return to pot. Stir in sausage mixture. Transfer to a 3-quart baking dish or divide among four 16-ounce gratin dishes. Top with mozzarella and Parmesan. Bake until cheese has melted and liquid is bubbling, about 15 minutes.

per serv: 637 cal; 26.2 g fat (10.5 g sat fat); 39.1 g protein; 64 g carb; 4.5 g fiber

chicken, lemon, and dill with orzo

SERVES 6 ■ PREP TIME: 10 MIN ■ **TOTAL TIME: 50 MIN**

The Greek flavors in this dish are great with a fresh fennel salad (see page 143). For a vegetarian main course, omit the chicken and use vegetable broth.

- 4 cups low-sodium chicken broth
- 1 tablespoon unsalted butter
- 1¼ teaspoons coarse salt
- ¼ teaspoon ground pepper
- 1 pound chicken tenderloins, cut into 1-inch pieces
- 1 pound orzo
- 2 cups crumbled feta (4 ounces)
- ¼ cup coarsely chopped fresh dill
- 2 teaspoons finely grated lemon zest, plus 1 tablespoon fresh lemon juice
- 1 cup grated Parmesan

Preheat oven to 400°. In a saucepan, bring broth, ¾ cup water, butter, salt, and pepper to a boil. In a 3-quart baking dish, combine chicken, orzo, feta, dill, lemon zest and juice. Pour broth mixture over orzo and stir once to incorporate. Bake until orzo is tender and cooking liquid is creamy, 40 minutes. Sprinkle Parmesan on top and let stand 5 minutes before serving.

per serv: 505 cal; 12.9 g fat (7.5 g sat fat); 37.7 g protein; 58.7 g carb; 2.5 g fiber

tomato, pasta, and potato bake

SERVES 8 ■ PREP TIME: 25 MIN ■ TOTAL TIME: 1¾ HR + RESTING

Be sure to add salt as directed so the dish is properly seasoned. If using table salt instead of coarse, halve the amount of salt.

- ☐ extra-virgin olive oil, for baking dish
- ☐ 1 pound rigatoni
- ☐ 1 can (28 ounces) crushed tomatoes
- ☐ 2 tablespoons fresh oregano leaves
- ☐ 1 pound Yukon Gold potatoes, peeled and sliced ⅛ inch thick
- ☐ ½ medium onion, halved and thinly sliced
- ☐ 1 cup grated Parmesan
- ☐ coarse salt and ground pepper

1 Preheat oven to 400°. Bring 4 cups water to a boil and remove from heat. Lightly oil a 9-by-13-inch baking dish. Arrange half the pasta in a single layer in dish. Top with one-third the tomatoes, 1 tablespoon oregano, half the potatoes, all the onion, and ½ cup Parmesan; season with 2 teaspoons salt and ¼ teaspoon pepper. Distributing evenly, layer with remaining pasta, another one-third tomatoes, and remaining oregano and potatoes; season with 2 teaspoons salt and ¼ teaspoon pepper. Top with remaining tomatoes.

2 Place dish on a rimmed baking sheet. Carefully pour hot water into dish until it comes up to the top layer of potatoes. Tightly cover dish with foil and bake until liquid is absorbed and pasta and potatoes are tender, about 1 hour. Remove foil and top with ½ cup Parmesan. Bake until browned, 20 minutes. Let stand 10 minutes before serving.

per serv: 323 cal; 4 g fat (2 g sat fat); 14.8 g protein; 60.6 g carb; 4.9 g fiber

HOME-STYLE DINNER
Layers of pasta, potatoes, cheese, and tomatoes make this easy, rustic dinner super-satisfying.

squash, sage, and ricotta cannelloni

SERVES 4 ■ PREP TIME: 35 MIN ■ TOTAL TIME: 1¼ HR

To achieve the right shape, be sure to use wide lasagna noodles instead of regular.

- ☐ 3 tablespoons olive oil, plus more for baking dish and sheet
- ☐ coarse salt and ground pepper
- ☐ 8 wide lasagna noodles
- ☐ ½ butternut squash (about 1 pound), peeled, seeded, and cut into 1-inch chunks
- ☐ 2 shallots, chopped
- ☐ ¼ cup plus 2 tablespoons milk
- ☐ 1 teaspoon finely chopped fresh sage leaves, plus 8 to 10 whole leaves
- ☐ ⅛ teaspoon ground nutmeg
- ☐ 2 cups ricotta (15 ounces)
- ☐ ¾ cup grated Parmesan

1 Preheat oven to 350°. Lightly oil a 2-quart or 8-inch square baking dish. In a large pot of boiling salted water, cook pasta until al dente. Using tongs, transfer pasta to a lightly oiled rimmed baking sheet. Add squash to boiling water and cook until tender, about 10 minutes. Drain squash and transfer to a bowl.

2 In a small skillet, heat 1 tablespoon oil over medium. Add shallots, season with salt and pepper, and cook until soft, about 5 minutes. Transfer to bowl with squash and add 2 tablespoons milk, chopped sage, and nutmeg; season with salt and pepper. Mash with a fork until a rough purée forms.

3 Spread ¼ cup squash mixture crosswise down the middle of each lasagna noodle; roll up noodle and place, seam side down, in baking dish. In a bowl, combine ricotta, ½ cup Parmesan, and ¼ cup milk and season with salt and pepper. Spread ricotta mixture over cannelloni and top with ¼ cup Parmesan. Bake until warmed through, about 25 minutes. Broil until top is browned, 2 to 3 minutes.

4 Meanwhile, in a small skillet, heat 2 tablespoons oil over medium-high. Fry whole sage leaves until crispy, 15 to 20 seconds. Drain on paper towels. Serve cannelloni topped with fried sage.

per serv: 570 cal; 30.2 g fat (13.4 g sat fat); 25 g protein; 51 g carb; 3.9 g fiber

THAN GIVIN

DON'T MISS OUR HANDBOOK ON PAGE 85 FOR A SHOPPING LIST, DO-AHEAD SCHEDULE, AND PAGES OF TIPS AND TRICKS TO STREAM-LINE THIS YEAR'S DINNER.

KS G

PREPARE A CLASSIC FEAST WITH EASE USING THIS SIMPLE MENU—YOU'LL SPEND LESS TIME IN THE KITCHEN AND MORE TIME HAVING FUN AT THE TABLE.

THE MENU

- SALT AND PEPPER TURKEY WITH PAN GRAVY
- BREAD STUFFING WITH SAGE
- GREEN BEAN CASSEROLE
- BOURBON SWEET POTATOES
- SAUTÉED BRUSSELS SPROUTS
- BALSAMIC-GLAZED PEARL ONIONS
- ORANGE-SCENTED CRANBERRY SAUCE

salt and pepper turkey

SERVES 8 TO 10 ■ PREP TIME: 15 MIN ■ TOTAL TIME: 3 HR + RESTING

Spreading butter under the skin enhances the flavor of the breast meat. See pages 90 and 95 for step-by-step photos on prepping and carving the turkey.

- ☐ 1 whole turkey (about 12 pounds), thawed if frozen, rinsed and patted dry (neck and giblets reserved for Giblet Stock; liver discarded)
- ☐ coarse salt and ground pepper
- ☐ 6 tablespoons butter (¾ stick), room temperature
- ☐ Bread Stuffing with Sage (page 120)

1 Make Giblet Stock (below). Preheat oven to 375°, with rack in lowest position. Tuck wing tips underneath body of turkey. Season inside of turkey with salt and pepper. In a small bowl, mix together butter and 1 teaspoon salt. With your fingers, gently separate breast skin from flesh without tearing skin. Spread butter mixture evenly under breast skin.

GIBLET STOCK

In a medium saucepan, combine **turkey neck, giblets,** and 5 cups **water.** Bring to a boil. Skim off foam, reduce to a gentle simmer, and cook 1 hour. Strain stock into a heatproof container, discarding solids. (To store, refrigerate, up to 1 day.) **MAKES 2½ CUPS**

2 Loosely fill large cavity and neck cavity with stuffing; fold neck skin over opening. Tie legs together with kitchen twine. Season turkey generously with salt and pepper. Place turkey in an 11-by-14-inch roasting pan. Roast 1 hour. Reduce heat to 350°; tent turkey with foil. Roast until an instant-read thermometer inserted in the thickest part of thigh registers 165°, 1½ to 2 hours.

3 Transfer turkey to a cutting board, still tented with foil, and let rest 30 minutes. Reserve pan with drippings for gravy (page 121). To serve, carve turkey and scoop out stuffing.

per serv (based on 10 without stuffing): 566 cal; 23.6 g fat (9.2 g sat fat); 83.1 g protein; 0 g carb; 0 g fiber

bread stuffing with sage << see photo, page 118

SERVES 8 ■ PREP TIME: 20 MIN ■ **TOTAL TIME: 45 MIN**

This incredibly simple stuffing has a traditional flavor everyone will love.

- ☐ 2 loaves sliced white sandwich bread (1 pound each), torn into bite-size pieces
- ☐ ¼ cup (½ stick) butter, plus more for baking dish and foil
- ☐ 4 celery stalks, diced medium
- ☐ 1 large onion, diced medium
- ☐ coarse salt and ground pepper
- ☐ 2 teaspoons dried rubbed sage
- ☐ 1 teaspoon celery seed
- ☐ 3 eggs
- ☐ 3½ cups (29 ounces) low-sodium chicken broth

1 Preheat oven to 350°. On two rimmed baking sheets, arrange bread in a single layer. Bake until dry but not browned, about 14 minutes, tossing bread and rotating sheets halfway through. Transfer to a large bowl. (To store, let cool completely and keep in a resealable plastic bag at room temperature, up to 1 week.)

2 In a large skillet, melt butter over medium. Add celery and onion; season with salt and pepper. Cook, stirring occasionally, until vegetables soften, about 8 minutes. Add sage and celery seed and cook 3 minutes more. Transfer to bowl with bread. In a separate bowl, whisk together eggs and broth. Add to bread mixture and toss to combine.

3 Reserve 4 cups stuffing for turkey (page 119). Spoon remaining stuffing into a buttered 8-inch square baking dish. Cover with buttered foil; refrigerate until ready to bake. Bake at 350° until warmed through, about 25 minutes.

per serv: 425 cal; 14.2 g fat (6.9 g sat fat); 14.3 g protein; 61 g carb; 3.2 g fiber

A SECOND HELPING
To make sure there's plenty of stuffing (think leftovers), this recipe makes extra to bake separately.

pan gravy

MAKES 3 CUPS
PREP TIME: 20 MIN
TOTAL TIME: 20 MIN

- roasting pan with turkey drippings (page 119)
- ½ cup all-purpose flour
- 2½ cups Giblet Stock (page 119)
- coarse salt and ground pepper

1 While turkey rests on cutting board, place roasting pan on stove across two burners (see page 92). Bring pan juices to a simmer over medium-high. Cook, scraping up browned bits with a wooden spoon, until liquid thickens and holds a trail, 8 to 10 minutes.

2 Add flour and cook, stirring, until blended, about 1 minute. Gradually whisk in stock, then 1 cup water. Bring to a simmer and cook, stirring occasionally, until gravy thickens and no longer tastes floury, about 5 minutes (reduce heat if bottom of pan begins to scorch).

3 If desired, strain gravy through a fine-mesh sieve. Season with salt and pepper and keep warm. Whisk before serving (thin with water if necessary).

per ¼ cup: 156 cal; 11.7 g fat (3.6 g sat fat); 7.9 g protein; 4.1 g carb; 0.1 g fiber

bourbon sweet potatoes

SERVES 8 ■ PREP TIME: 15 MIN ■ **TOTAL TIME: 1¼ HR**

Place the sweet potatoes in the oven after the turkey has roasted for an hour.

- 3½ pounds sweet potatoes, peeled and cut into 1-inch wedges
- ½ cup packed dark-brown sugar
- 2 tablespoons bourbon
- coarse salt and ground pepper
- 3 tablespoons butter, room temperature

Preheat oven to 350°. Arrange sweet potatoes in a 9-by-13-inch baking dish. Add sugar and bourbon and toss to combine; season with salt and pepper. Bake until sweet potatoes are tender and glazed, 1 to 1½ hours, tossing every 30 minutes. Stir in butter before serving.

per serv: 268 cal; 4.4 g fat (2.7 g sat fat); 3.2 g protein; 53.3 g carb; 6 g fiber

sautéed brussels sprouts

SERVES 8 ■ PREP TIME: 20 MIN ■ **TOTAL TIME: 20 MIN**

This delicious seasonal vegetable becomes sweet and nutty when browned. For the best flavor and texture, make the dish just before serving.

- ¼ cup extra-virgin olive oil
- 2 pints brussels sprouts (2 pounds total), trimmed and halved lengthwise
- coarse salt and ground pepper
- 2 tablespoons fresh lemon juice

In a large skillet, heat oil over medium-high. Add brussels sprouts, season with salt and pepper, and cook, stirring frequently, until caramelized, 8 to 10 minutes. Add ⅓ cup water and cook until evaporated, about 2 minutes. Add lemon juice and toss to coat. Serve immediately.

per serv: 113 cal; 7.3 g fat (1.1 g sat fat); 3.9 g protein; 10.5 g carb; 4.3 g fiber

green bean casserole

SERVES 8 ■ PREP TIME: 35 MIN ■ **TOTAL TIME: 50 MIN**

We've made the quintessential Thanksgiving casserole better than ever by combining fresh green beans, homemade mushroom sauce, and savory fried shallots.

- ☐ 3 cups vegetable oil
- ☐ 6 large shallots, cut into very thin rounds, rings separated
- ☐ 1½ cups all-purpose flour
- ☐ coarse salt and ground pepper
- ☐ 2 pounds green beans, trimmed and halved
- ☐ ¼ cup (½ stick) unsalted butter
- ☐ 1 pound button mushrooms, trimmed and coarsely chopped
- ☐ 14.5 ounces low-sodium chicken broth
- ☐ 1 cup whole milk

1 Preheat oven to 425°. In a large skillet, heat oil over medium. Line a baking sheet with paper towels. In a large bowl, toss together shallots and 1¼ cups flour until shallots are evenly coated. In batches, shake off excess flour from shallots and fry until golden and crisp, about 5 minutes, adjusting heat if shallots are browning too quickly. With a slotted spoon, transfer to sheet and season with salt. Set aside. (Store in an airtight container at room temperature with a layer of paper towels underneath, up to 2 days.)

2 In a large pot of boiling salted water, cook green beans until crisp-tender, 6 minutes. Drain and rinse with cold water to stop the cooking. Pat dry. (To store, refrigerate in a resealable plastic bag, up to 1 day.)

3 In a large saucepan, melt butter over medium-high. Add mushrooms and cook until liquid has evaporated, about 7 minutes. Season with salt and pepper. Add ¼ cup flour and cook, stirring, until incorporated, about 1 minute. Whisking constantly, gradually add broth, then milk. Bring to a simmer. Cook, stirring occasionally, until sauce thickens, about 5 minutes. Season with salt and pepper. (To store, refrigerate with plastic wrap on surface, up to 2 days. Reheat before using.)

4 Add green beans to mushroom sauce and toss to coat. Transfer mixture to a 9-by-13-inch baking dish. Bake until bubbling around edges, about 15 minutes. Serve topped with fried shallots.

per serv: 296 cal; 14.3 g fat (5.1 g sat fat); 8.3 g protein; 36.6 g carb; 4.8 g fiber

balsamic-glazed pearl onions

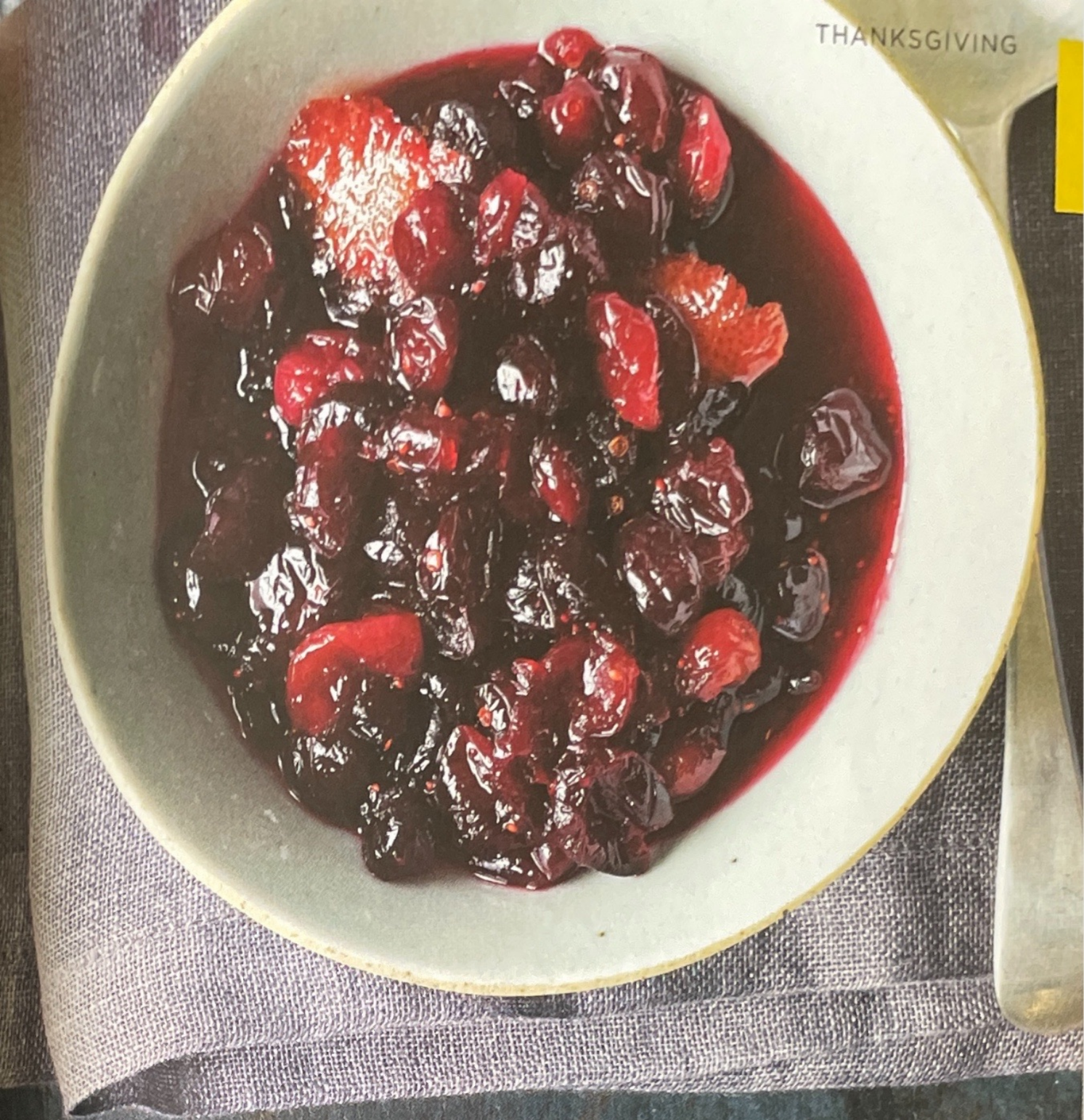
SERVES 8
PREP TIME: 20 MIN
TOTAL TIME: 40 MIN

- ☐ 2 bags (10 ounces each) red or white pearl onions, trimmed and peeled
- ☐ ½ cup dry white wine
- ☐ 3 tablespoons butter
- ☐ coarse salt and ground pepper
- ☐ ¼ cup balsamic vinegar

1 In a large skillet, combine onions, wine, butter, and 1 cup water; season with salt and pepper. Bring to a boil, then reduce to a simmer and cook until onions are tender and liquid has evaporated, about 15 minutes (if onions are large, increase cooking time and add more water).

2 Add vinegar and cook until sauce thickens and onions are glazed, about 3 minutes. (To store, refrigerate, up to 1 day.)

per serv: 94 cal; 4.3 g fat (2.7 g sat fat); 0.9 g protein; 12.9 g carb; 0 g fiber



orange-scented cranberry sauce

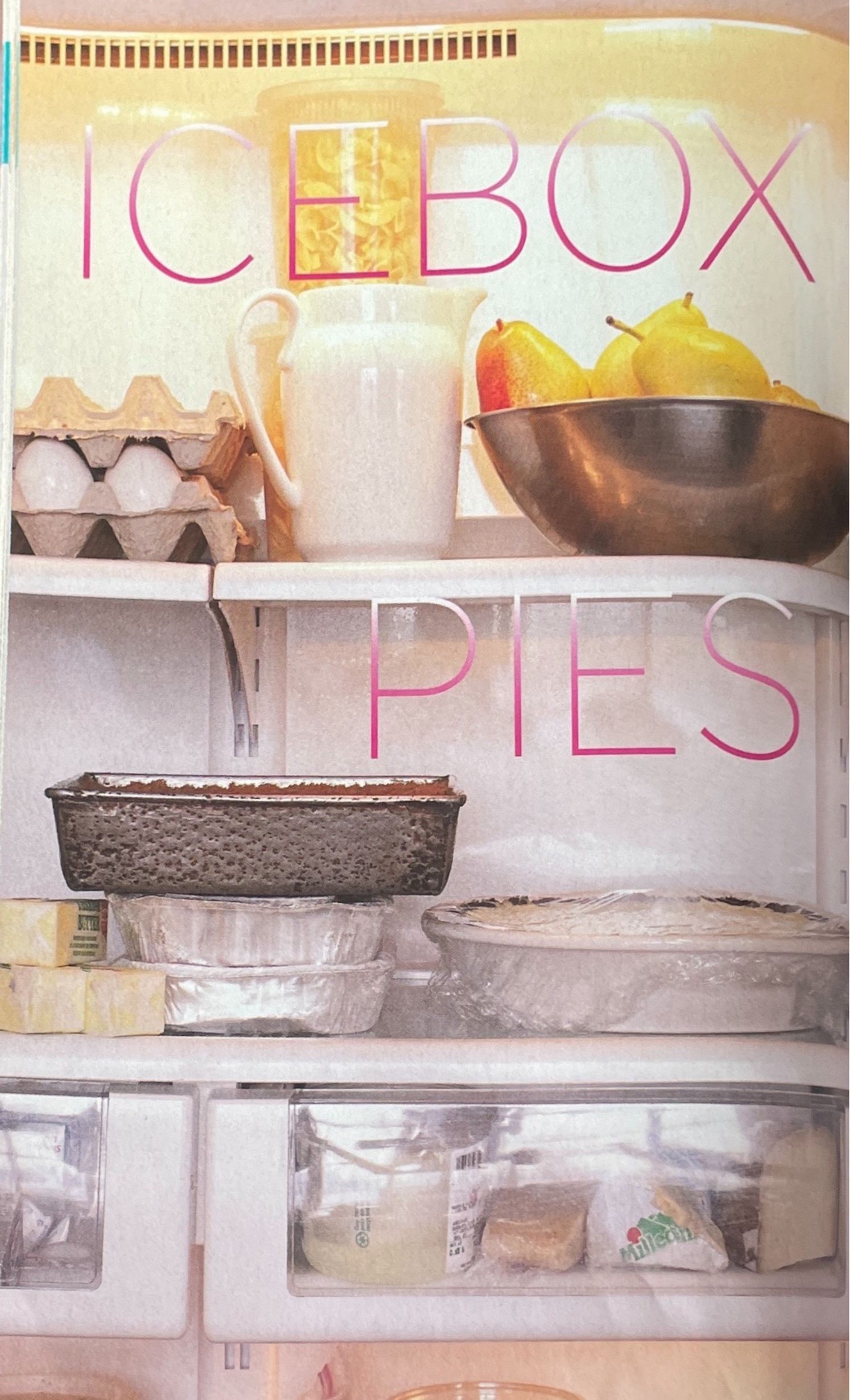
MAKES 3½ CUPS ■ PREP TIME: 5 MIN ■ **TOTAL TIME: 30 MIN**

This recipe makes plenty for the feast and turkey sandwiches the next day (page 148).

- 2 bags (12 ounces each) fresh or frozen cranberries
- 1½ cups sugar
- 4 wide strips orange zest, plus 1 cup fresh orange juice
- coarse salt and ground pepper

In a medium saucepan, combine cranberries, sugar, orange zest, and ½ cup water; season with salt and pepper. Bring to a boil over medium-high. Reduce to a simmer and cook until thickened, 20 to 25 minutes. Remove from heat and stir in orange juice. (To store, refrigerate, up to 1 week. Bring to room temperature before serving.)

per ¼ cup: 114 cal; 0.1 g fat (0 g sat fat); 0.3 g protein; 29.3 g carb; 2.3 g fiber


ICEBOX
PIES

PUMPKIN ICEBOX PIE
see recipe, page 131 >>

THIS THANKSGIVING, KEEP YOUR COOL WITH THESE CREAMY MAKE-AHEAD DESSERTS.

PERFECT PRESS-IN
When forming crumb crusts, use a flat-bottomed glass or dry measuring cup to press the crumbs against the pan, forming a firm layer.

MAKE AHEAD
All these crusts can be made up to 2 days in advance. Wrap well. Store at room temperature.

pumpkin icebox pie << see photo, page 129

SERVES 9 TO 12 ■ PREP TIME: 30 MIN ■ TOTAL TIME: 1 HR + CHILLING

This easy version of pumpkin pie doesn't rely on custard for its silky texture. Instead, a small amount of cream cheese and gelatin is used to set the filling.

for the crust:

- ☐ 16 cinnamon graham crackers, broken into large pieces
- ☐ 1 tablespoon dark-brown sugar
- ☐ ½ teaspoon coarse salt
- ☐ ½ cup (1 stick) unsalted butter, melted and cooled

for the filling and topping:

- ☐ 3 teaspoons unflavored powdered gelatin (from 2 packets)
- ☐ 1 can (29 ounces) pure pumpkin purée
- ☐ 4 ounces cream cheese, room temperature
- ☐ 1 can (12 ounces) evaporated milk
- ☐ 1 cup packed dark-brown sugar
- ☐ ¾ to 1 teaspoon ground cinnamon
- ☐ ¼ teaspoon ground or freshly grated nutmeg, plus more for garnish
- ☐ ¾ teaspoon coarse salt
- ☐ 1 cup heavy cream
- ☐ 1 tablespoon confectioners' sugar

1 Make crust: Preheat oven to 325°. In a food processor, combine graham crackers, sugar, and salt; process until fine crumbs form. With machine running, slowly pour butter through feed tube and process until mixture resembles wet sand. Press crumbs in bottom and up sides of a 9-inch square baking dish. Bake until crust is deep golden brown and fragrant, 20 minutes. Let cool completely in baking dish on a wire rack.

2 Meanwhile, make filling: Place ¼ cup cold water in a small bowl. Sprinkle gelatin on top and let stand 5 minutes. In a large bowl, whisk together pumpkin purée and cream cheese until smooth. In a small saucepan, combine evaporated milk, brown sugar, cinnamon, nutmeg, and salt; bring to a simmer over medium. Add gelatin mixture and stir until completely dissolved. Pour milk mixture into pumpkin mixture and whisk until completely smooth.

3 Pour filling into cooled crust and refrigerate until chilled and completely set, about 3 hours (or wrap tightly with plastic and refrigerate, up to 2 days). To serve, whip cream with confectioners' sugar until soft peaks form. Top pie with whipped cream and sprinkle with nutmeg.

per serv (based on 12): 386 cal; 22.2 g fat (13.1 g sat fat); 6.2 g protein; 42.9 g carb; 3.6 g fiber

panna cotta pie with poached fruit

SERVES 8 ■ PREP TIME: 30 MIN ■ **TOTAL TIME: 1 HR + CHILLING**

Dried cherries, peaches, or cranberries would also work nicely for the topping.

for the crust:

- ☐ 20 gingersnap cookies
- ☐ ¾ cup walnut pieces
- ☐ 1 tablespoon light-brown sugar
- ☐ ½ teaspoon coarse salt
- ☐ 3 tablespoons unsalted butter, melted and cooled

for the filling and topping:

- ☐ 1½ teaspoons unflavored powdered gelatin (from 1 packet)
- ☐ ½ cup heavy cream
- ☐ 3 tablespoons mild honey
- ☐ coarse salt
- ☐ 1¾ cups Greek yogurt (2%)
- ☐ ¾ teaspoon pure vanilla extract
- ☐ 1½ cups dried plums
- ☐ ¼ cup packed light-brown sugar
- ☐ 5 wide strips orange zest

1 Make crust: Preheat oven to 325°. In a food processor, combine cookies, walnuts, sugar, and salt; process until fine crumbs form. With machine running, slowly pour butter through feed tube and process until mixture resembles wet sand. Press crumbs in bottom and up side of a 9-inch pie plate. Bake until crust is deep golden brown and fragrant, 25 minutes (check crust halfway through; if puffed, flatten with the bottom of a measuring cup). Let cool completely in pie plate on a wire rack.

2 Make filling: Place 3 tablespoons cold water in a small bowl. Sprinkle gelatin on top and let stand 5 minutes. In a small saucepan, combine cream, honey, and ¼ teaspoon salt; bring to a simmer over medium. Whisk in gelatin mixture until completely dissolved. In a large bowl, whisk together yogurt and vanilla until completely smooth. Add cream mixture to bowl and whisk gently to combine. Pour filling into cooled crust and refrigerate until chilled and completely set, about 2 hours (or wrap tightly with plastic and refrigerate, up to 2 days).

3 Meanwhile, make topping: In a small saucepan, combine dried plums, sugar, orange zest, ½ teaspoon salt, and ½ cup water. Bring to a gentle simmer and cook until dried plums are soft and liquid is syrupy, 20 minutes. Let cool. To serve, spoon topping over pie.

per serv: 401 cal; 19.8 g fat (7.9 g sat fat); 8.4 g protein; 52.5 g carb; 5.4 g fiber

RICH, CITRUSY FRUIT
DRESSES UP A
TANGY YOGURT FILLING AND
A SPICED CRUMB CRUST.

A CRISPY CRUST MADE FROM ICE-CREAM CONES IS THE PERFECT COMPLEMENT TO VELVETY CHOCOLATE MOUSSE.

chocolate mousse tart with hazelnuts

SERVES 8 ■ PREP TIME: 30 MIN ■ TOTAL TIME: 1¼ HR + CHILLING

If you can't find peeled hazelnuts, use unpeeled (they will be quite dark when roasted).

for the crust:

- ☐ 18 sugar cones, coarsely crushed (6 ounces total)
- ☐ ½ teaspoon coarse salt
- ☐ 2 tablespoons granulated sugar
- ☐ 6 tablespoons (¾ stick) unsalted butter, melted and cooled

for the topping and filling:

- ☐ ⅓ cup peeled raw hazelnuts
- ☐ ¼ cup granulated sugar
- ☐ ¼ teaspoon coarse salt
- ☐ 1¾ cups heavy cream
- ☐ 5 ounces bittersweet chocolate, coarsely chopped
- ☐ 2 tablespoons confectioners' sugar

1 Make crust: Preheat oven to 325°. In a food processor, combine cones, salt, and sugar; process until fine crumbs form. With machine running, slowly pour butter through feed tube and process until mixture resembles wet sand. Press crumbs in bottom and up side of a 9-inch fluted tart pan with a removable bottom. Bake until crust is golden brown and set, 25 minutes. Let cool completely in pan on a wire rack.

2 Meanwhile, make topping: In a small saucepan, combine hazelnuts, granulated sugar, salt, and ¼ cup water. Bring to a boil; cook 1 minute. Strain hazelnuts and spread in a single layer on a parchment-lined baking sheet. Bake until nuts are toasted and shiny, 15 minutes. Let cool completely.

3 Make filling: In a medium saucepan, bring ¾ cup cream to a simmer; remove from heat and add chocolate. Let stand 5 minutes; whisk to combine, then let cool to room temperature. In a large bowl, whip 1 cup cream with confectioners' sugar until stiff peaks form. Gently fold in chocolate mixture until combined. Pour filling into cooled crust and refrigerate until chilled and completely set, about 1½ hours (or wrap tightly with plastic and refrigerate, up to 2 days). To serve, top tart with hazelnuts.

per serv: 535 cal; 39.9 g fat (21.4 g sat fat); 5.5 g protein; 45 g carb; 1.8 g fiber

coconut cream pie

SERVES 8 ■ PREP TIME: 25 MIN ■ TOTAL TIME: 1 HR + CHILLING

Coconut stars in the crust, filling, and topping of this dessert. Toasting the coconut topping gives it a rich, nutty flavor and crunchy texture.

for the crust:

- ☐ 30 chocolate wafer cookies, broken into pieces
- ☐ ¼ teaspoon coarse salt
- ☐ 5 tablespoons unsalted butter, melted and cooled
- ☐ ⅓ cup sweetened shredded coconut

for the topping and filling:

- ☐ 1¾ cups sweetened shredded coconut
- ☐ 2¾ cups whole milk
- ☐ 4 large egg yolks
- ☐ ½ cup sugar
- ☐ ⅓ cup cornstarch
- ☐ ¾ teaspoon pure vanilla extract
- ☐ ½ teaspoon coarse salt
- ☐ 1½ cups heavy cream

1 Make crust: Preheat oven to 325°. In a food processor, combine cookies and salt; process until fine crumbs form. With machine running, slowly pour butter through feed tube and process until mixture resembles wet sand. Stir in coconut. Press crumbs in bottom and up side of a 9-inch deep-dish pie plate. Bake until crust is set, about 25 minutes. Let cool completely in pie plate on a wire rack.

2 Make topping: Increase heat to 350°. Spread ½ cup coconut on a rimmed baking sheet. Bake until golden, 10 to 12 minutes, tossing occasionally.

3 Make filling: In a small saucepan, whisk together milk, egg yolks, sugar, cornstarch, vanilla, and salt. Cook over medium-high, whisking constantly, until bubbles form at the edge and mixture thickens, about 5 minutes. Strain through a fine-mesh sieve into a large bowl and stir in 1¼ cups coconut. Pour filling into cooled crust and smooth top. Refrigerate until filling is chilled and completely set, about 2 hours (or wrap tightly with plastic and refrigerate, up to 2 days).

4 To serve, whip cream until soft peaks form. Top pie with whipped cream and toasted coconut.

per serv: 549 cal; 37.1 g fat (23.2 g sat fat); 7.1 g protein; 49 g carb; 2.7 g fiber

THIS TWIST ON A DINER CLASSIC FEATURES A CHOCOLATE CRUST AND TOASTED COCONUT.

ON THE SIDE

simple sides to go with any meal

GOOD WITH
roasted pork
or turkey

BRAISED RED CABBAGE WITH APPLE AND ONION

In a large Dutch oven or heavy pot, melt 1 tablespoon **butter** over medium. Add 1 medium **onion,** halved and thinly sliced, and 1 Gala or Fuji **apple,** halved, cored, and sliced, and cook, stirring, until onion softens, 4 to 6 minutes. Stir in 1 head **red cabbage** (2 pounds), cored, quartered, and thinly sliced, and season with **coarse salt** and **ground pepper.** Add 3 tablespoons **cider vinegar,** 4 teaspoons **sugar,** and ½ cup **water.** Bring to a boil; reduce to a simmer, cover, and cook until cabbage is tender, 20 to 25 minutes. Season with salt, pepper, and sugar. **SERVES 4**

per serv: 138 cal; 3.3 g fat (1.9 g sat fat); 3.4 g protein; 27.1 g carb; 5.7 g fiber

ARUGULA SALAD WITH SWEET POTATOES AND FETA

1 Preheat oven to 450°. On a large rimmed baking sheet, toss 1 pound **sweet potatoes**, peeled and cut into 1½-inch pieces, with 1 tablespoon **extra-virgin olive oil**; season with **coarse salt** and **ground pepper**. Roast until tender and browned, 15 to 20 minutes. Let cool to room temperature.

2 In a large bowl, whisk together 2 tablespoons oil, ½ teaspoon grated **orange zest**, 1 tablespoon **fresh orange juice**, and 1 teaspoon **white-wine vinegar**; season with salt and pepper. Add sweet potatoes, 2 bunches **arugula**, thick stems removed, and ⅓ cup crumbled **feta**. Toss to combine and serve immediately. SERVES 4

per serv: 286 cal; 16 g fat (4.8 g sat fat); 8.5 g protein; 29.3 g carb; 5.7 g fiber

GOOD WITH
baked salmon, sautéed shrimp, or grilled chicken

GOOD WITH
pan-roasted fish or roasted beef or chicken

ROASTED BEET SALAD WITH BLUE CHEESE AND NUTS

1 Preheat oven to 450°. Individually wrap 4 medium **beets** (1½ pounds total), trimmed and unpeeled, in foil. Place on a baking sheet and roast until tender when pierced with a paring knife, 45 to 60 minutes. Let cool. Rub beets with paper towels to remove skins and cut into small wedges.

2 Whisk together 3 tablespoons **extra-virgin olive oil**, 1 tablespoon **white vinegar**, and ½ teaspoon **Dijon mustard**; season with **coarse salt** and **ground pepper** and stir in 2 tablespoons finely chopped **fresh parsley**. Toss beets with dressing. Serve topped with ½ cup crumbled **blue cheese** and ¼ cup toasted **walnut pieces**. SERVES 4

per serv: 269 cal; 19.7 g fat (5.1 g sat fat); 7.4 g protein; 17.8 g carb; 5.2 g fiber

ROASTED CAULIFLOWER WITH HERBED BREADCRUMBS

1 Preheat oven to 450°, with racks in upper and lower thirds. On two large baking sheets, toss 1 head **cauliflower** (2 pounds), cut into florets, with 2 tablespoons **extra-virgin olive oil**; season with **coarse salt** and **ground pepper.** Roast until tender and browned, 20 to 25 minutes, rotating sheets halfway through.

2 Meanwhile, in a food processor, combine 2 slices **white sandwich bread** and 1 **garlic clove,** chopped; season with salt and pepper. Pulse until coarse crumbs form. In a medium skillet, heat 2 tablespoons oil over medium. Add breadcrumbs and cook, tossing frequently, until toasted, 3 to 6 minutes. Transfer to a small bowl and let cool. Stir in 2 tablespoons finely chopped **fresh parsley,** 2 teaspoons chopped **fresh thyme leaves,** and the grated zest of 1 **lemon.**

3 Toss cauliflower with juice of the lemon and sprinkle with breadcrumbs. **SERVES 4**

per serv: 221 cal; 14.9 g fat (2.3 g sat fat); 5.7 g protein; 19.4 g carb; 6.2 g fiber

GOOD WITH
fish or seared steak

HAVE YOU TRIED?

fennel

WHAT IT IS Fennel is a crunchy vegetable with a slight licorice flavor. The bulb, stalks, and fronds are all edible, raw or cooked.

BUYING AND STORING Look for fennel that is unblemished and firm, with very pale green or whitish bulbs, sturdy stalks, and fresh-looking fronds. Refrigerate fennel in a plastic bag in the crisper for 3 to 5 days.

TO PREP Trim stalks and stem end of bulb, then remove any discolored outer layers of bulb.

COOKING WITH FENNEL Served raw in salads or as crudités, fennel has a crunch similar to apples and a mild licorice taste. When sautéed, fried, braised, grilled, or roasted, it takes on a silky texture and a sweeter flavor.

GOES WITH Citrus, olive oil, olives, Parmesan, goat cheese, herbs, tomatoes, apples, chiles, celery, salad greens, chicken, and fish.

1 FENNEL SALAD, 2 WAYS

Trim 1 fennel bulb, reserving 1 to 2 tablespoons fronds. Halve, core, and thinly slice bulb (preferably on a mandoline). In a bowl, toss fennel with 2 tablespoons fresh lemon juice.

ORANGE, FENNEL, AND OLIVE SALAD WITH RED-PEPPER FLAKES

Slice away peel and pith of 2 oranges and cut flesh into segments. Add to bowl with fennel and stir in ¼ cup small olives such as Niçoise, reserved fennel fronds, and 2 tablespoons extra-virgin olive oil. Season with coarse salt, ground pepper, and red-pepper flakes. SERVES 4

per serv: 127 cal; 8.1 g fat (1.1 g sat fat); 1.5 g protein; 14.2 g carb; 3.7 g fiber

FENNEL WITH PARSLEY, PARMESAN, AND LEMON

Add ½ cup parsley leaves, reserved fennel fronds, and 2 tablespoons extra-virgin olive oil to bowl with fennel and toss. Season with coarse salt and ground pepper and sprinkle with ⅓ cup shaved Parmesan. SERVES 4

per serv: 116 cal; 9.2 g fat (2.2 g sat fat); 3.7 g protein; 5.6 g carb; 2.1 g fiber

roasted tomato and fennel sauce

MAKES 3½ CUPS
PREP TIME: 10 MIN
TOTAL TIME: 45 MIN

- ☐ 1 fennel bulb, fronds removed, bulb cored and cut into pieces
- ☐ 2 pints grape tomatoes, half of them halved
- ☐ ¼ cup dry white wine
- ☐ 3 tablespoons extra-virgin olive oil
- ☐ 5 sprigs thyme
- ☐ sugar
- ☐ coarse salt and ground pepper

Preheat oven to 450°. In a 9-by-13-inch baking dish, toss together fennel, tomatoes, wine, oil, thyme, and pinch of sugar. Season with salt and pepper. Bake, tossing occasionally, until fennel softens and pan juices thicken, 35 to 40 minutes. (To store, refrigerate, up to 1 day.)

per ½ cup: 86 cal; 6.2 g fat (0.9 g sat fat); 1.2 g protein; 6.8 g carb; 2.1 g fiber

IDEAS FOR ROASTED TOMATO AND FENNEL SAUCE

- ☐ Toss with pasta and a handful of grated Parmesan.
- ☐ Let cool and toss with salad greens. Serve with baked fish.
- ☐ Spoon onto toasted baguette slices and serve as a crostini.

TRY THIS
The recipe goes well with seared pork chops or roasted chicken.

baked chicken with fennel and apples

SERVES 4 ■ PREP TIME: 10 MIN ■ **TOTAL TIME: 1 HR**

In this one-dish dinner, fennel and apple are roasted until caramelized and tender.

- ☐ 1 whole chicken (3½ pounds), cut into 8 pieces and breasts halved crosswise
- ☐ 2 fennel bulbs, fronds removed, bulbs cut into 1-inch wedges
- ☐ 4 shallots, halved lengthwise
- ☐ ½ cup fresh sage leaves
- ☐ 3 tablespoons extra-virgin olive oil
- ☐ 2 tablespoons cider vinegar
- ☐ coarse salt and ground pepper
- ☐ 2 Gala or Fuji apples, cored and quartered

Preheat oven to 450°, with racks in upper and lower thirds. On two rimmed baking sheets, arrange chicken, fennel, shallots, and sage. In a small bowl, whisk together oil and vinegar and drizzle over chicken and vegetables. Toss to combine and season with salt and pepper. Roast 35 minutes, rotating sheets halfway through. Add apples to sheets and roast until fennel is browned and chicken is cooked through, 15 to 20 minutes more.

per serv: 567 cal; 31.3 g fat (7.2 g sat fat); 43.9 g protein; 27.7 g carb; 5.7 g fiber

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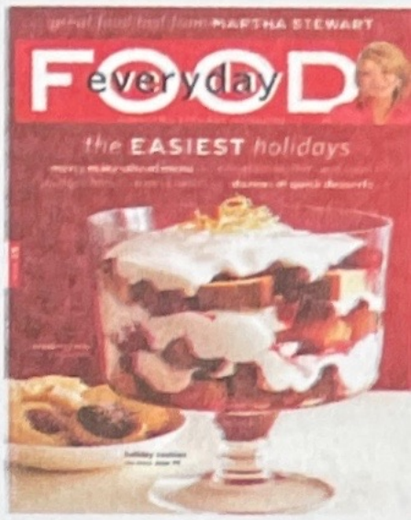

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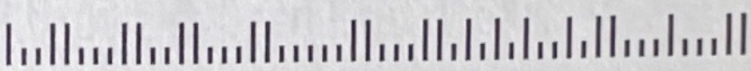

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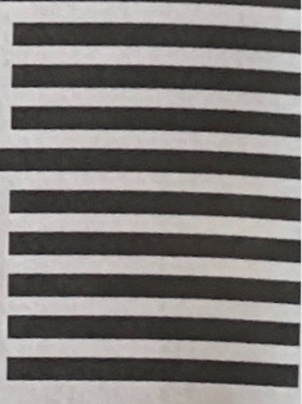

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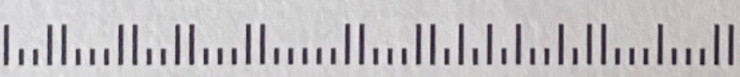

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LEFTOVERS

clever ideas for the food in your refrigerator

THANKSGIVING SANDWICHES

There's no better way to enjoy the bounty of Thanksgiving leftovers than in sandwiches. The possibilities are endless, so we've gathered our editors' favorites to share with you. From savory turkey BLTs to decadent pumpkin-pie treats, there's something for everyone. So go ahead—raid the fridge and get ready for an encore!

TURKEY & ONIONS

Spread one half of a piece of baguette with cranberry sauce and the other with grainy mustard. Layer with sliced turkey and glazed pearl onions.

—Dawn Perry, assistant food editor

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TURKEY BLT

Spread mayonnaise on toasted white sandwich bread. Layer with iceberg lettuce, sliced tomato, crisp bacon, and sliced turkey. *–Carla Lalli Music, deputy editor*

TURKEY MELT

Layer mashed potatoes with sliced cheddar and turkey on whole-wheat sandwich bread. Pan-fry with a tablespoon butter until sandwich is browned on both sides. *–Lesley Stockton, associate food editor*

SWEET POTATO & MARSHMALLOW

Layer glazed sweet potatoes on buttered rustic bread and top with miniature marshmallows. Broil until marshmallows are golden. *–Charlyne Mattox, associate food editor*

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CURRIED TURKEY

Mix mayonnaise with curry powder to taste. Toss chopped turkey with curry mayonnaise, then place on pumpernickel bread and top with stuffing. *–Adina Steiman, senior editor*

TURKEY SALAD

Mix chopped turkey with mayonnaise, country-style Dijon mustard, and chopped glazed pearl onions. Layer turkey salad with cranberry sauce and iceberg lettuce on white sandwich bread. *–Heather Meldrom, associate food editor*

PUMPKIN & ICE CREAM

Scoop out filling from a leftover pumpkin pie. Spread on a graham cracker. Top with softened vanilla ice cream and another graham cracker. Freeze until firm. *–Anna Last, editor*

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EVERYDAY FOOD ON TV

"This chocolate cake from my new cookbook, *Mad Hungry*, involves minimal cleanup—the ingredients are blended in the very pan that goes into the oven. Frost with your favorite icing. My aunt Gina always used the buttercream recipe on the back of the confectioners' sugar box."

LUCINDA SCALA QUINN
Co-host, EVERYDAY FOOD

For more of Lucinda's ideas, watch EVERYDAY FOOD on PBS (check your local listings).

BUSY-DAY CHOCOLATE CAKE

1 Preheat oven to 350°. In an 8-inch square baking pan, whisk together 1½ cups **all-purpose flour** (spooned and leveled), 1 cup **sugar**, 3 tablespoons **unsweetened cocoa powder**, 1 teaspoon **baking soda**, and ½ teaspoon **coarse salt**.

2 Make a well in center of flour mixture and add 6 tablespoons **vegetable oil**, 1 teaspoon **pure vanilla extract**, 1 tablespoon **white vinegar**, and 1 cup **cold water**. Whisk until well combined. Bake until a toothpick inserted in center comes out clean, 35 to 40 minutes. Let cool completely in pan on a wire rack. **SERVES 8**

per serv (without frosting): 278 cal; 11 g fat (1.3 g sat fat); 2.8 g protein; 44 g carb; 1.3 g fiber

Adapted from Mad Hungry: Feeding Men and Boys. *Published by Artisan, ©2009. For a chance to win a copy, see page 38.*

JOHNNY MILLER; INSET PHOTO BY MATTHEW BENSON

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- ALLERGY FRIENDLY*

*ALLERGY FRIENDLY: highlighted recipes do not include dairy, wheat, soy, fish, shellfish, eggs, peanuts, or tree nuts.

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DINNER TONIGHT

From the editors of EVERYDAY FOOD, this daily blog has quick, easy and nutritious menus perfect for time-starved lives. Updated every weekday at noon, the blog features menus that can be whipped up that very night—no advanced preparation or hard-to-find ingredients—plus easy variations to suit your taste. To have these great food solutions delivered straight to your inbox, sign up for the Dinner Tonight daily email.
marthastewart.com/dinnertonight

COOKIE JAR

GLAZED MAPLE COOKIES

- ☐ 3 cups all-purpose flour (spooned and leveled)
- ☐ 1 teaspoon coarse salt
- ☐ 1 cup (2 sticks) unsalted butter, room temperature
- ☐ 1 cup sugar
- ☐ 1½ cups pure maple syrup
- ☐ 2 large egg yolks

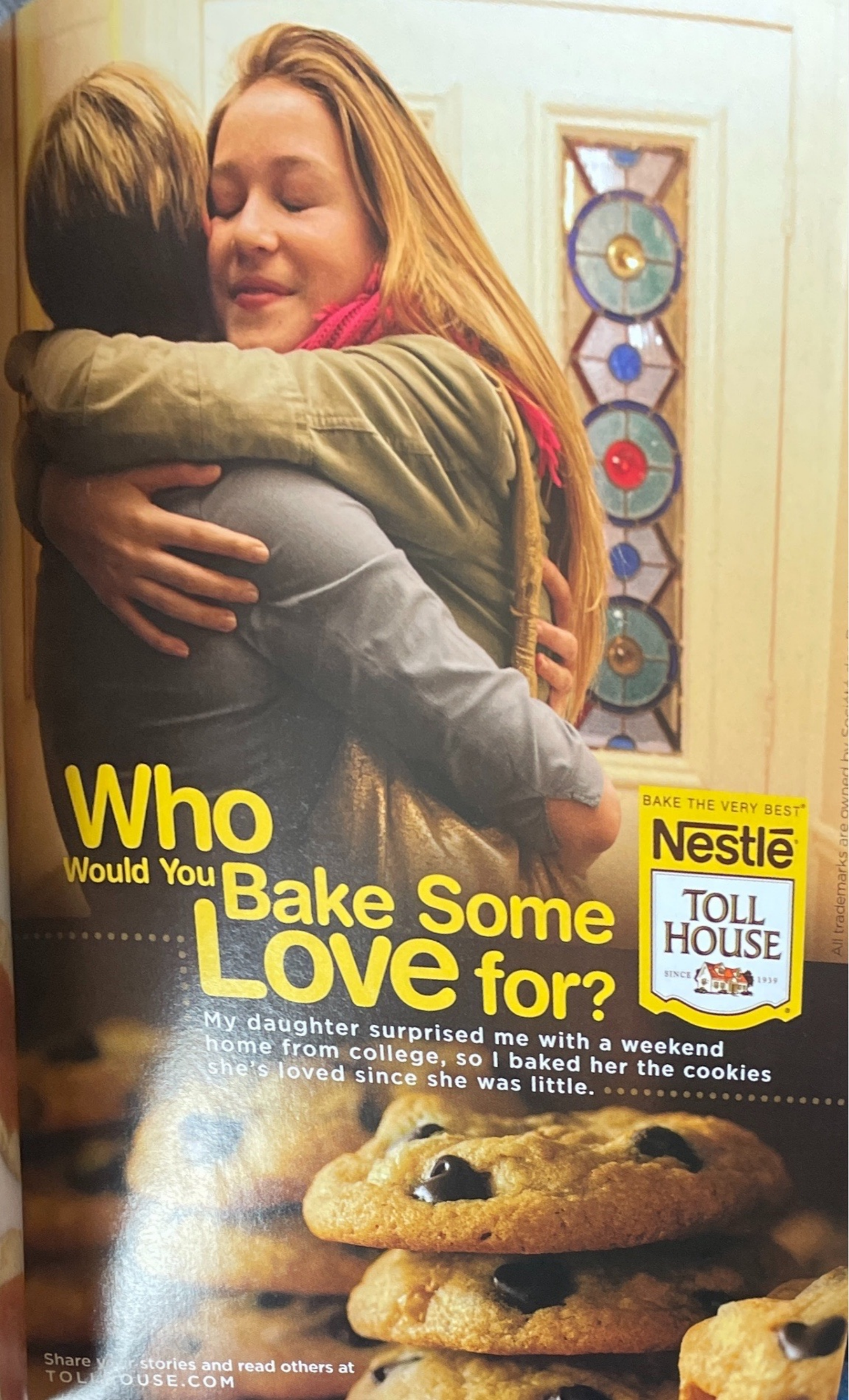
1 Preheat oven to 350°, with racks in upper and lower thirds. In a medium bowl, whisk together flour and salt. In a large bowl, using an electric mixer, beat butter and sugar until light and fluffy. Beat in ½ cup maple syrup and egg yolks. With mixer on low, beat in flour mixture.

2 Drop batter by tablespoons, 3 inches apart, onto two baking sheets. Using a flat-bottomed glass dipped in flour, flatten cookies to a ¼-inch thickness. Bake until golden at edges, 12 to 15 minutes, rotating sheets halfway through. Transfer cookies to wire racks to cool. In a small saucepan, simmer 1 cup maple syrup until reduced to ¾ cup. Spoon over cookies. MAKES 40

per cookie: 128 cal; 4.9 g fat (3 g sat fat); 1.2 g protein; 20.2 g carb; 0.3 g fiber

TRY THIS

Sprinkle cookies with coarse salt after glazing to enhance the maple flavor.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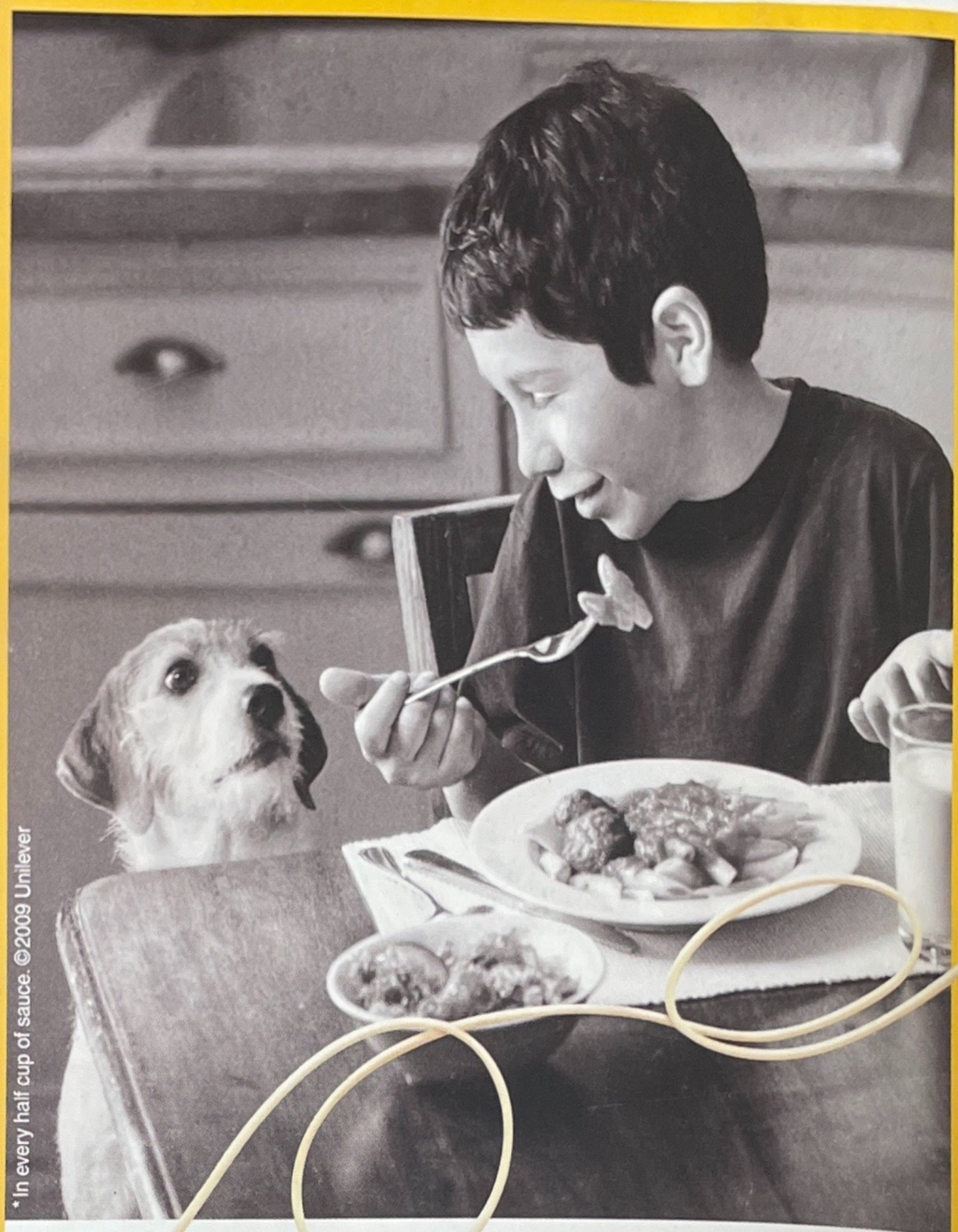

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